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PAGE 18

Killer granny to speak at inquest

Elva Bottineau will participate in inquest into the death of her grandson 11 years ago PAGE 12

I smell sex and ... Rob Ford

Ex-staffers say the Toronto mayor consorted with suspected sex workers: Documents PAGE 8

Mom pleads guilty to leaving kids in squalor

Desperate scene. Neighbours called 911 after hearing screams coming from the home on March 4

JOE LOFARO
joe.lofaro@metronews.ca

A 25-year-old Ottawa mother who left her three kids alone at home overnight while she went out drinking and using drugs only to have neighbours discover the children caked in feces last March pleaded guilty Wednesday in an Ottawa courtroom.

Following the woman's arrest on March 8, Insp. John Maxwell told Metro the Vanier townhouse they were found in was "filthy and dirty."

Police found the eldest of the three kids, a three-year-old girl, naked. A two-year-old girl was wearing only a T-shirt in the kitchen. Police found the youngest child, a nine-month-old girl, screaming, perched atop a stairwell.

Their mother pleaded guilty to one count of child abandonment. Her guilty plea comes nearly two weeks after she completed a drug-rehab program, according to her lawyer, Jason Gilbert.

The name of the mother can't be published in order to protect the identities of her kids, who have been in the care of the Children's Aid Society of Ottawa since the incident.

Inside, police found the home in "disarray," with food and toys on the floor, an overflowing ashtray and an empty wine bottle on the counter and a filthy bathroom.

When police interviewed the mother, she told them she left her kids with a sitter, then admitted that wasn't true.

"She's learned a hard lesson and she got the treatment that she needs for it in the drug treatment rehab program," said Gilbert, adding she "realizes that is only one small step to rebuilding her relationship with her children."

Her sentencing hearing is scheduled for Jan. 22.

GETTING A FEW HELPING HANDS

U.S. Marine Lance Cpl. Xavier L. Cannon and members of the Philippine Armed Forces help civilians displaced by Typhoon Haiyan disembark a C-130 aircraft at Villamor Air Base, Philippines, on Tuesday. U.S. service members are assisting the Armed Forces of the Philippines in the recovery efforts for the people affected in the aftermath of Typhoon Haiyan. For more on Canada's response to the unfolding disaster, see page 10.

NMCS/THE ASSOCIATED PRESS

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NEWS

Possession charges

Police bust high school pot lunch

Ten high-school students were arrested yesterday when Gatineau police busted them red-handed smoking marijuana behind a convenience store just before lunchtime.

Three girls between 15 and 16 years old from Hormisdas-Gamelin High School were charged with possession after cops found small quantities of pot on their persons. The other seven were released.

Police spokesman Pierre Lanthier said cops received several complaints from the school principal and neighbours, who said teens smoking pot at lunchtime is increasing.

Lanthier said no other drugs were found.

TREVOR GREENWAY/METRO

Assault charges

Tow-truck drivers fight over job: OPP

An Ottawa tow-truck driver has been charged with assault after he began fighting with another operator over who would get the tow job following an accident on Highway 417 Tuesday.

According to Ontario Provincial Police Const. Rheal Levac, police responded to a collision on the highway around 6 p.m. when two tow-truck drivers showed up and began quarrelling over who got there first.

The two began arguing before 24-year-old Nadeem Chamaa started to throw punches at his competitor. Chamaa was arrested and will appear in court Dec. 16. TREVOR GREENWAY/METRO

Ontario Energy Minister Bob Chiarelli, left, and Ottawa South MPP John Fraser hold a press conference Wednesday at Ottawa City Hall to discuss a new public-consultation process on the proposed Energy East Pipeline. JOE LOFARO/METRO

Public to have their say on pipeline: Chiarelli

Energy East. Unclear whether consultations will carry any weight

JOE LOFARO
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Energy Minister Bob Chiarelli announced Wednesday in Ottawa that Ontarians will get to have their say on the proposed Energy East Pipeline.

TransCanada announced the pipeline project in August. If approved, Energy East would transport more than one million barrels of Alberta oil through Ontario to Canada's east coast.

The project needs to be green-lit by the National Energy Board (NEB) to go ahead. If it gets the NEB's approval, about 2,000 kilometres of pipeline would be built in Ontario, including underneath the Rideau River.

Ottawa-based environmental group Ecology Ottawa applauded Chiarelli's plan to incorporate community concerns, including those of First Nations communities, in a report that will go to the Ontario Energy Board. The OEB will then submit a report to the NEB. No date has been set for when the consultation process will begin, but Chiarelli hinted it will be in the coming months.

"We want this engagement with the Ontario Energy Board to inform our intervention," said Chiarelli. "So how much control do we have? It will have to be public suasion, it will be bringing evidence to the table as intervener."

Community concerns

"We believe the strength of our argument will be very persuasive, especially given the nature of the consultations that we'll be bringing to the table."
Energy Minister Bob Chiarelli

But doing so will not be easy, warns Ecology Ottawa's Ben Powless, who attended the press conference at Ottawa city hall.

"No matter how it's done it's going to be a challenge to make sure every single community and every single voice is heard," said Powless. "When TransCanada went through and did their open houses and public consultation, already very few people knew about it. They didn't really advertise them widely. I think that definitely needs to change."

He said he is concerned about the pipeline's impact on the Rideau River, farming communities along the proposed layout of the pipeline and its effects on aqueducts in the event of an oil spill.

‘I’ll see you today’: Local doctor opening new facility for addicts

Recovery Ottawa.
Dr. Mark Ujjainwalla says waiting lists send those with dependency issues back to the streets

An Ottawa doctor is taking on the city’s cocaine and opioid “epidemic” by opening up his own addiction-treatment clinic in Vanier.

Dr. Mark Ujjainwalla, who has been an addiction specialist for 25 years, says nearly 8,000 addicts in Ottawa tried to get help between 2011 and 2012 alone, and most of them were met with long waiting lists at area treatment centres.

That sent most of them back to the streets — to “steal, prostitute and deal drugs” to fund their addictions, he says. His new Recovery Ottawa treatment centre is ready to start treating these addicts as soon as they seek help.

“Even if you don’t have an (Ontario Health Insurance Plan) card, I’ll see you today and start you on methadone today,” Ujjainwalla said Wednesday. His clinic officially opens next Tuesday.

Dr. Mark Ujjainwalla is set to officially open his new addiction-treatment facility, Recovery Ottawa, in Vanier next week. TREVOR GREENWAY/METRO

“We have people dying left, right and centre. It’s devastating; it’s shameful.”

The new 6,000-square-foot centre will be staffed by five physicians, pain-management specialists, a nurse practitioner, hepatitis-C specialists and opiate case workers to help steer addicts away from a life of substance abuse.

With no government funding, Ujjainwalla says he is footing the entire cost for the centre himself. It’s not about money, he says, but about helping people with an addiction disease. A recovered addict himself, Ujjainwalla doesn’t think it’s fair that addicts have a stigma against them.

Recovery Ottawa, which is modelled on a similar project in the U.S called Recovery Kentucky, officially launches Nov. 19. TREVOR GREENWAY/METRO

Illness, not ill intent

“These are not bad people who have to get good, these are sick people who need to get well.”
Dr. Mark Ujjainwalla

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Lobbyist registry works fine after a year: Report

The City of Ottawa’s lobbyist registry is performing so well now — despite some initial technical hiccups — that there are no changes needed, according to a report by integrity commissioner Robert Marleau.

In his first annual report on the one-year-old registry, Marleau said most of the problems with the registry have been ironed out, and since then he has received positive feedback.

“Many users have found it straightforward and quick to register as a lobbyist, as well as to log lobbying activity,” the integrity commissioner wrote. “Users have also reported that it is easy to search for lobbying activity undertaken by others.”

The registry was launched on Sept. 1, 2012, with the goal of making city hall more open and transparent by forcing councillors to document their communications and meetings with lobbyists. Ottawa became the first municipality in Canada to implement a lobbyist registry voluntarily.

As integrity commissioner, Marleau oversees the lobbyist registry and imposes sanctions for non-compliance.

City of Ottawa integrity commissioner Robert Marleau.
JONATHAN HAYWARD/THE CANADIAN PRESS FILE

The city launched a “comprehensive update” to the registry in April 2013 by making the interface clearer, adding the ability to create profiles and cutting down the number of connection errors.

In total, there were 748 registered lobbyists between Sept. 1, 2012, and Sept. 30 of this year. The bulk of those registered came from the planning and development and zoning bylaw sectors.

The 35-page report also highlighted examples of questions some councillors brought forward to the lobbyist watchdog, including how to write letters of support for community organizations and guidelines on accepting gifts from residents.

Marleau wrote that in 2014 he intends to focus on educating the public and lobbyists about the registry and to develop more reporting tools to improve compliance.

JOE LOFARO/METRO

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Wakefield rockers Fiftymen aim for comeback with new album

The Fiftymen have gone back to their rock-'n'-roll roots with their new self-titled album.

COURTESY DAVID IRVINE PHOTOGRAPHY

Returning to rock roots. New indy label putting band through its paces, pushing for U.S. tour dates

DENIS ARMSTRONG
ottawa@metronews.ca

For many years, Ottawa's Fiftymen have been one of the city's hippest bands.

Now they want to be one of its most popular as well.

After years of spotty touring broken up by breaks to rear children, take care of families and buy the Kaffe 1870 bar in Wakefield, the band's decision to sign with Ottawa expat Nadine Gelineau and her influential alternative label The Musebox was a good one.

The band's last studio record was in 2005 and Gelineau saw the need for some rebuilding of the Fiftymen brand.

She got the boys to record a bunch of older, favourite songs and re-establish a strong musical presence.

The result is Fiftymen, their third album, which dropped Nov. 12 on iTunes and their Bandcamp page.

"Nadine is pushing us hard to tour wider and test the material," says Mark Michaud, one of the band's guitarists.

"We're well known in the Valley, but she wants us to eventually break south of the border. It'll mean pushing for more American dates and upping our profile online. I think you'll be hearing more about the band on a regular basis."

Recorded at Dave Draves's Little Bullhorn studio, Fiftymen is a move back to when they were a rock band that played country, before they became a country band that played rock.

"We all grew up listening to the Clash and the Ramones and we all came from rock bands," Michaud said. "That's where we get our energy. There are a couple Fiftymen fast country rollickers like Shake It Like It's On Fire and darker, moodier ballads as well.

"But for the most part, we're thrashing about having a great time."

Party time

A CD-release party and live concert with Slo Tom is planned for Nov. 30 at the Black Sheep Inn.

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Drugs, booze, drunk driving and now … sex

Rob Ford's day of shame. Just-released court document contains stunning claim about Toronto mayor and 'prostitutes'

A bombshell court document, released Wednesday suggests people close to disgraced Toronto Mayor Rob Ford were concerned about his use of drugs and drunk driving.

But for the first time in the scandal it raises the issue of … sex.

The document reveals the aides were even worried about the presence of suspected "prostitutes" in the mayor's office.

The previously censored information comes from police interviews with former staffers of the mayor — in a document that contains allegations not proven in court.

Several of the staffers' allegations centre on the night of St. Patrick's Day last year, where a former staffer told police he saw Ford with another staffer, a friend and a young blond woman named Alana who he thought was "an escort or a prostitute."

The same woman had been seen with Ford at a stag party, ex-staffer Isaac Ransom told police.

Ransom told police Ford was drinking from a 40-ounce bottle of Smirnoff vodka and by the time he arrived at the mayor's office that night around 9 p.m. half of it was gone.

"Mayor Ford was totally out of it and had obviously been drinking," the police document quotes Ransom as saying.

Ford wanted to "smoke narcotics" with Alana and his friend but his staffers stopped him, Ransom told police.

Ford went to a bar and a friend of Alana's showed up, Ransom said.

"When he got up to leave he decided he wanted to go to the dance floor, so he went over, stumbled around the dance floor and fell down," the police quote Ransom as saying.

Another staffer, Chris Fickel, told police he heard that the mayor went back to city hall with three staffers, a friend and "two females that may have been prostitutes."

The mayor then started "crying uncontrollably," assaulted one staffer, pushed another and drove himself home. THE CANADIAN PRESS

A dramatic day in the life of a scandal

Rob Ford admitted for the first time to buying illegal drugs while in office.

- **Vote.** During an internationally televised meeting, Toronto city council voted overwhelmingly to have the mayor take a leave of absence.
- **Contrition.** "I really effed up," Ford said as the often-heated debate ended. "Apologizing and saying you're sorry, you can only say that so many times."
- **Next move?** The 37-5 motion, however, was non-binding, but its sponsor has said he would ask the province to step in if Ford failed to heed council's wishes.
- **Counter-move.** Just before the vote, Ford failed to introduce a motion that would have forced all councillors to undergo drug testing. The speaker ruled it out of order.
- **Defiance.** Ford repeated he would not resign or step aside to seek help. The "few isolated incidents" of substance abuse were due to "sheer stupidity" rather than addiction, Ford said.
- **Protesters.** Outside city hall, hundreds rallied and called on Ford to resign.

Mayor Rob Ford confronts city councillors in Toronto on Wednesday.
NATHAN DENETTE/THE CANADIAN PRESS

Ford-speak

Rob Ford faced off with Toronto city council during a heated debate on a motion urging him to take a leave of absence. Here are some of the Toronto mayor's quotes from the meeting:

"Yes, I have."
after being asked whether he'd purchased illegal drugs in the last two years. Ford has been mayor of Toronto since October 2010

"The reason I drank or did drugs was not out of stress, it was out of sheer stupidity."
after a councillor asked him whether he recognizes that some of his behaviour points to an addiction problem

"I work with youth day in and day out and I've changed these kids' lives. I'm a positive role model."
when asked whether his decision not to co-operate with police sets a bad example. He said he was not talking to police on the advice of his lawyer

"I understand the embarrassment that I've caused every resident in this city."
saying his "mistakes" were of a personal nature

"I really effed up and that's it."
at the end of the debate

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India's Central Bureau of Investigation director Ranjit Sinha is under fire for saying, "If you can't prevent rape, you enjoy it" at a news conference about legalizing gambling on Tuesday. MUSTAFA QURAISHI/THE ASSOCIATED PRESS FILE

Top Indian official rebuked for rape remark

Nationwide outrage. Police official in hot water for saying, 'If you can't prevent rape, you enjoy it'

India's top police official apologized Wednesday for saying, "If you can't prevent rape, you enjoy it," a remark that has outraged women across the country.

Central Bureau of Investigation chief Ranjit Sinha made the remark Tuesday during a conference about illegal sports betting and the need to legalize gambling. The CBI is India's equivalent of the FBI.

Sinha said at the conference that if the state could not stop gambling, it could at least make some revenue by legalizing it.

"If you cannot enforce the ban on betting, it is like saying, 'If you can't prevent rape, you enjoy it,'" he said.

The remarks have caused outrage across India, which in the past year has been roiled by widespread protests following the fatal gang rape of a 23-year-old woman on a bus in New Delhi.

On Wednesday, Sinha said that his comments had been taken out of context and misinterpreted, and that he was sorry if he had caused hurt.

Angry activists, however, called for his resignation.

"It is sickening that a man who is in charge of several rape investigations should use such an analogy," Communist Party of India (Marxist) leader Brinda Karat told reporters. "He should be prosecuted for degrading and insulting women."

THE ASSOCIATED PRESS

Changing the law

After the fatal gang rape of a woman in New Delhi this year, public outrage forced the Indian government to change rape laws such that:

- Repeat offenders can be given the death penalty.
- Stalking, voyeurism and sexual harassment are now crimes.

Social media

Teen in custody for tweets

Police say a Philadelphia teen faces charges in connection with a social media account that aimed to out "rats" in criminal cases.

Police say the 17-year-old was taken into custody Tuesday in connection with their investigation into a now-shuttered anonymous Instagram account titled "rats215," a reference to Philadelphia's area code.

Police say the teen is alleged to have posted material from the Instagram account to his Twitter feed. The teen was charged with intimidation and terroristic threats.

The Instagram account had affidavits and photos of victims and witnesses in criminal cases.

A local paper has reported that the Instagram account had identified more than 30 witnesses. THE ASSOCIATED PRESS

Medicine

Baby born while mother on life support

A university hospital in Hungary says a premature but healthy baby was delivered after doctors kept the child's brain-dead mother on life support for three months.

The University of Debrecen said Wednesday that some of the mother's organs — her heart, liver, kidneys and pancreas — were donated to four recipients two days after the delivery.

The mother suffered a stroke when she was 15 weeks pregnant. The baby was delivered via Caesarean section this summer at 27 weeks, weighing three pounds, 1.8 ounces.

The university in eastern Hungary said, "The child is healthy and developing normally."

THE ASSOCIATED PRESS

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Looting, gunfire spark chaos alert in typhoon-hit areas

Aid too slow for 600,000 displaced.
Homes and businesses targeted for food and water

Mobs overran a rice warehouse on the island worst hit by the Philippine typhoon, setting off a wall collapse that killed eight people and carting off thousands of sacks of the grain, while security forces Wednesday exchanged gunfire with an armed gang.

The incidents in or close to the storm-ravaged city hosting international relief efforts add to concerns about the slow pace of aid distribution and that parts of the disaster zone are descending into chaos.

Five long days after Typhoon Haiyan wasted the eastern seaboard of the Philippines, the cogs of what promises to be a massive international aid effort are beginning to turn, but not quickly enough for the some 600,000 people displaced, many of them homeless, hungry and thirsty.

"There's a bit of a logjam to be absolutely honest getting stuff in here," said U.N. staffer Sebastian Rhodes Stampa against the roar of a C-130 transport plane landing behind him at the airstrip in Tacloban, one of the hardest-hit cities.

"We're going to have a real challenge with logistics in terms of getting things out of here, into town, out of town, into the other areas. The reason for that essentially is that there are no trucks; the roads are all closed," he said

Planes, ships and trucks were headed to the region, loaded with generators, water purifying kits and emergency lights — vital equipment needed to sustain a major relief mission. Airports were reopening in the region and the U.S. military said it was installing equipment to allow the damaged Tacloban airport to operate 24-7.

THE ASSOCIATED PRESS

Children, who say they fled when armed men were seen in their village, wait in Tacloban city, Leyte province in central Philippines Wednesday. Aid has been slow to reach the worst hit areas. BULLIT MARQUEZ/THE ASSOCIATED PRESS

Rapid relief experts

Canada's A-team on its way

Prime Minister Stephen Harper says the Canadian military's Disaster Assistance Response Team, or DART, is bound for the Philippine city of Iloilo.

Philippine authorities say Iloilo, one of two major cities on the island of Panay, was in the direct path of typhoon Haiyan and suffered 162 deaths and the destruction of 68,543 houses as a result.

In all, more than 530,000 people have been affected in the Iloilo region by the typhoon, which has claimed 2,275 lives across the Southeast Asian country, but the toll is expected to climb.

THE CANADIAN PRESS

An aerial view shows signs for help and food amid a path of rubble left by Typhoon Haiyan in the town of Tanawan, Philippines. WALLY SANTANA/THE ASSOCIATED PRES

Storm season just average: UN

Apart from Typhoon Haiyan, which has devastated the Philippines, it's been an average year for tropical cyclones, the UN weather agency said Wednesday in its annual climate report.

The World Meteorological Organization counted 86 tropical storms so far this year, just three short of the annual average since 1981. They were unevenly spread across the globe.

The Atlantic saw its quietest season since 1994 in terms of the intensity and duration of tropical storms, according to the WMO report, which was released as UN climate talks were ongoing in Warsaw. Of the 12 named storms only two — Humberto and Ingrid — reached hurricane strength. Both were Category 1 hurricanes, the lowest level.

The Western North Pacific, however, had recorded 30 storms by early November, above the annual average of 26, the WMO said. Thirteen of them were typhoons, including Haiyan, which struck the Philippines last week.

Storms that reach 119 km/h are called hurricanes in the Atlantic and typhoons in the northwest Pacific.

Typhoon Haiyan is one of the most powerful storms to make landfall anywhere, and it is feared to have killed thousands of people and affected more than nine million.

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Dennis Oland. Family stands by son accused of killing businessman dad

Members of a leading business family in Atlantic Canada that made its name in the brewing industry rallied Wednesday behind one of their own, publicly declaring they believe Dennis Oland innocent of murdering his father.

Oland, 45, made his first court appearance facing a charge of second-degree murder. His mother, wife, two sisters, a cousin and his uncle were in the courtroom in Saint John on Wednesday to show their support.

"We are devastated that this nightmare for Dennis and for all of us is going to continue," said a statement issued by his mother, wife and sisters. "We know that he will be found innocent in an objective and fair process in a court of law.

"We wish that the police would turn their attention to finding out who is really responsible for Dick's death."

Richard Oland, 69, was a well-known businessman and a member of the Order of Canada who was found dead in his office in Saint John in 2011.

He was a member of the family that owns Moosehead Breweries Ltd., but left the company in the 1980s and went on to work in the trucking business and at the Saint John Shipbuilding and Drydock Co. THE CANADIAN PRESS

Quoted

"This situation truly is a tragedy for all of us who are part of the Oland family."

Statement released by Derek Oland, who ran the family brewing business after his brother, Richard Oland, left.

Derek Oland, right, brother of Richard Oland, arrives at provincial court in Saint John, N.B., Wednesday, where Dennis Oland, 45, who is charged with second-degree murder in the July 2011 death of Richard Oland, his father, made a brief court appearance. MIKE HAWKINS/THE CANADIAN PRESS

Convicted grandmother to take part in inquest

Jeffrey Baldwin. Coroner says Elva Bottineau, who starved her grandson to death, is 'intimately and intricately' linked to case

Jeffrey Baldwin CONTRIBUTED

A woman convicted of starving her grandson to death is "intimately and intricately" linked to the Toronto boy's case, a coroner said Wednesday in allowing her to participate at the inquest into his death.

Elva Bottineau was granted standing at the coroner's inquest probing the death of five-year-old Jeffrey Baldwin, who died 11 years ago in her care.

In his decision, coroner Peter Clark said standing must be given to anyone with a "direct and substantial interest" in a particular inquest.

"While the concept of Ms. Bottineau's participation at this juncture may be painful, I am bound to consider each application on its own merits, in a dispassionate and objective manner and with due consideration for the principles of fairness and natural justice," he wrote in the ruling.

But the request was strongly opposed by lawyers representing the boy's surviving siblings and the office of Ontario's advocate for children and youth, who said allowing her to take part in the proceedings would grant her a soapbox to defend her actions and revisit her conviction. THE CANADIAN PRESS

Guy Turcotte

New trial ordered in controversial child-murder case

Quebec's top court has ordered a new trial in the case of Guy Turcotte, whose non-conviction after stabbing his children to death helped inspire changes in the justice system.

Turcotte stabbed his children as his marriage was falling apart in 2009, but was found not criminally responsible at his trial.

The controversial case made Turcotte a household name in Quebec and the verdict provoked a torrent of outrage. THE CANADIAN PRESS

Montreal

Magnotta enters not-guilty pleas once again

Accused killer Luka Rocco Magnotta pleaded not guilty once more on Wednesday to the five charges he faces in the death and dismemberment of Jun Lin in May 2012.

Magnotta entered the pleas in a low voice in Montreal during a pre-trial conference involving the Quebec Superior Court justice who will oversee his trial. He had already pleaded not guilty to the charges in a lower court in June 2012. THE CANADIAN PRESS

Woman hunted after gator rides the Blue Line

Transit mystery.
She takes trip to the airport with a little reptilian friend ... and then disappears

After tracking down a small alligator skulking in a baggage claim area at Chicago's O'Hare airport, authorities are now hunting for its travelling companion.

The Chicago Transit Authority has released images showing a woman who they believe rode to the airport on a Blue Line train with the two-foot-long gator.

Thanks to security cameras, officials know this about the alligator's trip to O'Hare: It boarded a train at the Pulaski stop — with the woman — at 1:17 a.m.

Security camera image shows the mystery woman and the alligator.
THE ASSOCIATED PRESS

A camera captured the woman petting her little friend on her knee.

Blue Line rider Mark Strotman also snapped a picture with his phone. "She was petting it, and she was very friendly with it," he said

About an hour later, the woman is again recorded by security cameras near the O'Hare stop — but with no reptilian companion.

An airport employee found the alligator later in the day under an escalator near baggage claim No. 3.

Police captured it by trapping it beneath a trash can.
THE ASSOCIATED PRESS

Smithsonian's feat

Now history is yours — in 3D

With most of its 137 million objects kept behind the scenes or in a faraway museum, the Smithsonian Institution is launching a new 3D scanning and printing initiative to make more of its massive collection readily accessible to schools, researchers and the public worldwide.

A small team has begun creating 3D models of some key objects representing the breadth of the collection at the world's largest museum complex.

Some of the first 3D scans include the Wright Brothers' first airplane, Amelia Earhart's flight suit, casts of President Abraham Lincoln's face during the Civil War and a Revolutionary War gunboat.

Less familiar objects include a former slave's horn, a missionary's gun from the 1800s and a woolly mammoth fossil from the Ice Age.

Now the Smithsonian, in Washington, D.C., is launching a new 3D viewer online to give people a closer look at artifacts in their own homes.
THE ASSOCIATED PRESS

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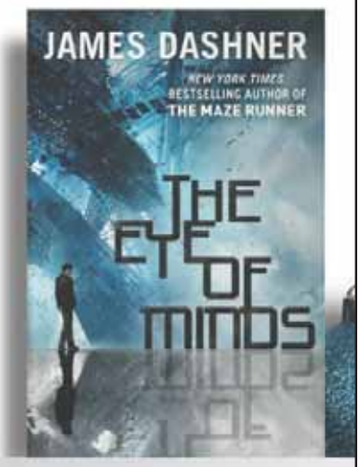

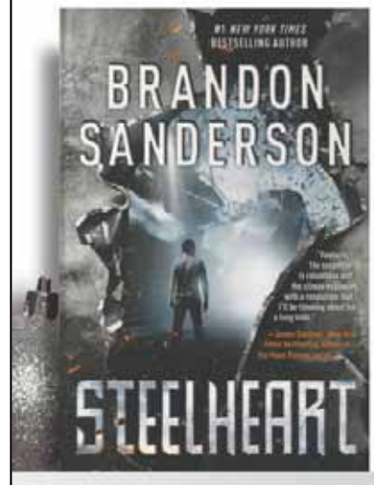

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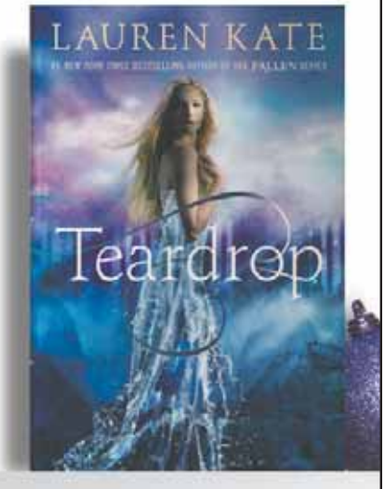
HARDCOVER



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Ousted Morsi says no stability until coup is reversed

Hardline statement. Egypt's ex-president praises supporters for their 'steadfastness,' telling them the 'coup has begun to fall apart'

Egypt's ousted president Mohammed Morsi accused the military chief who deposed him of treason in a message from prison read by lawyers on Wednesday, saying the country cannot return to stability until the coup is reversed and those behind it are tried.

The statement was part of a bid by Morsi to rally his supporters since his emergence from the secret military detention where he had been held, with virtually no contact with the outside world since his July 3 ouster.

Supporters of Egypt's ousted president Mohammed Morsi.
AMR NABIL/THE ASSOCIATED PRESS

Under a fierce crackdown by security forces, protests by Morsi's supporters have dwindled and have been reduced to small gatherings in universities or localized neighbourhood rallies. Security officials, however, worry the protests could flare stronger with the lifting of a three-month-old state of emergency and curfew, which the government confirmed in a statement will happen Thursday.

Morsi said Defence Minister Gen. Abdel-Fattah el-Sissi, who heads the military, had violated his oath of loyalty and committed "treason against God" and "treason against the whole nation by driving a wedge among the people of Egypt."

The 62-year-old Morsi also gave his first account of his detention. He said was "kidnapped forcefully and against my will" on July 2, a day before el-Sissi announced the installation of a new interim president. He said he was kept in a Republican Guards facility for three days, then moved to a naval base.

THE ASSOCIATED PRESS

Hamas stages a show of force in Gaza

Thousands of Hamas security forces march in a military parade in the Gaza Strip Wednesday in a massive show of force marking the anniversary of an eight-day battle against Israel last year. The hostilities began when Israel assassinated Hamas' military commander, Ahmad Jabari, on Nov. 14, 2012, in response to an increase in rocket attacks out of Gaza. Over the next week, Israel carried out hundreds of airstrikes on militant targets, while Hamas and other armed groups fired hundreds of rockets into Israel. Despite suffering heavy losses, the Islamic group has claimed victory and vowed Wednesday to continue its violent struggle against Israel.

ADEL HANA/THE ASSOCIATED PRESS

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Suspected poisoning.

Brazil exhuming remains of ex-president Goulart

The remains of former Brazilian president Joao Goulart were being exhumed Wednesday due to suspicions he may have been murdered on orders of the military regime that once ruled the country.

The exhumation in Goulart's hometown in the southern state of Rio Grande do Sul, was partly organized by Brazil's Truth Commission, which is investigating human-rights abuses committed during the dictatorship.

Goulart was toppled by a 1964 coup that installed the military regime that ruled Brazil for 21 years.

He went into exile in Argentina, where he died in December 1976. His body was quickly flown back to Sao Borja, where he was buried beside family members.

His death was ruled a heart attack, but an autopsy was never performed either in Argentina or in Brazil.

Brazil's Human Rights Ministry says on its website there are suspicions he was poisoned. Those suspicions stem from statements made in 2008 by a former Uruguayan intelligence officer imprisoned in Brazil for drug smuggling. He told the Folha de S. Paulo newspaper that Goulart had been poisoned by agents of Operation Condor, under which the military dictatorships that ruled much of South America in the 1970s and 1980s secretly co-operated in the torture and disappearances of each others' citizens.

The Uruguayan agent told the newspaper that Goulart's heart medication had been swapped with poisoned pills that caused a heart attack.

Goulart's remains will be taken to Brasilia to be examined by Brazilian Argentine and Uruguayan forensic experts. There he will be given full state honours, which he did not receive when he was buried. His body will be returned to Sao Borja on Dec.6

THE ASSOCIATED PRESS

Quoted

"We are taking the first big step to tell the truth that for many years has been omitted."

Goulart's son, Joao Vicente, quoted on the Truth Commission's website.

Human Rights Council

Cuba celebrates seat on UN body

Official media in Cuba celebrated on Wednesday the country's election for a three-year term on the 47-seat Geneva-based UN Human Rights Council.

The election of Cuba, China, Russia, Saudi Arabia, Vietnam and Algeria to the council elicited some protests from outside human-rights groups who said their inclusion hurts the body's credibility. THE ASSOCIATED PRESS

Pentagon purchases

U.S. stops buying Russian 'copters

The U.S. Defence Department is cancelling plans to buy 15 more Mi-17 cargo helicopters from the Russian arms-export agency that is a top supplier of weapons to Syria, a Senate Republican said.

Bipartisan opposition to the purchase of the helicopters to be delivered to Afghanistan's security forces has been building as the violence in Syria escalated and U.S. relations with Russia deteriorated. THE ASSOCIATED PRESS

French mag's cover sparks racism probe

French Housing Minister Cecile Duflot, left, and Justice Minister Christiane Taubira leave the Elysee Palace in Paris on Wednesday. The French government has opened a racism investigation after a far-right magazine cover compared Taubira to a monkey. CHRISTOPHE ENA/THE ASSOCIATES PRESS

Black minister.
Publication refers to Christiane Taubira as 'crafty as a monkey'

The French government has opened a racism investigation after a far-right magazine compared the country's black justice minister to a monkey on its cover.

In a statement Wednesday, Prime Minister Jean-Marc Ayrault said he had brought Minute magazine to the attention of the Paris prosecutor, citing French law that forbids racist abuse.

The magazine's cover of Justice Minister Christiane Taubira says "Crafty as a monkey, Taubira gets her banana back."

Helene Valette, a spokeswoman for the magazine, said the cover was satire and accused the government of trying to distract the French from the country's real problems.

"Banana" can also mean smile in French slang.

"It's a front page with a play on words. There's nothing mean about it," Valette said.

THE ASSOCIATED PRESS

Locked in a gym bag, in a bathtub ... accidentally?

More than three years after the naked, decomposing body of British spy Gareth Williams was discovered stuffed inside a locked gym bag at the bottom of his bathtub, the mystery over his bizarre death lingers.

London's Metropolitan Police said Wednesday that their investigation had found that Williams likely died in an accident with no one else involved. But the tentative conclusion, which the police hedged by acknowledging many gaps haven't been filled in, is unlikely to calm conspiracy theories surrounding the case.

Metropolitan Police Deputy Assistant Commissioner Martin Hewitt said Williams, whose remains were discovered in August 2010, was "most probably" killed in an accident, a verdict that conflicts with a coroner's inquest that concluded last year that Williams was probably killed by another person in a "criminally meditated act."

Gareth Williams THE ASSOCIATED PRESS

Some have raised the possibility that Williams locked himself in the bag as part of a sex act gone wrong — a Houdini-like art of wriggling out of restraints. Investigators found that he had visited bondage and sadomasochism websites, including some related to claustrophilia — a desire for confinement in enclosed spaces.

However, police couldn't find Williams' DNA on the lock, palm prints on the rim of the bath, or footprints in the bathroom itself. The coroner, Fiona Wilcox, noted that if Williams had been "carrying out some kind of peculiar experiment, he wouldn't care if he left any foot or fingerprints."

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New fish type found among coral reefs of Indonesia

Genetically distinct. It is unique in both its colouration and especially the rounded shape of its dorsal and anal fins and tail

This photo taken on July 28 shows a new fish of the flasher wrasse species in Indonesian waters. GERALD ALLEN/CONSERVATION INTERNATIONAL/THE ASSOCIATED PRESS

A new fish of the flasher wrasse species with striking orange colour and rounded fins has been found in Indonesia's coral reefs, a conservation group announced Wednesday.

Scientists from Conservation International and the Indonesian Biodiversity Research Centre discovered the species in East Nusa Tenggara province, said a statement from Conservation International.

The discovery was published in the latest Aqua, International Journal of Ichthyology.

The group said the species was named Paracheilinus rennyae in recognition of the scientific contributions of ichthyologist Renny Kurnia Hadiaty from the Indonesian Institute of Sciences.

The fish is known only from reefs off southwestern Flores Island and the Komodo National Park area. It is the 17th known type of flasher wrasse.

THE ASSOCIATED PRESS

Google Maps trek complete

Trekker Gregg Matthews, wearing a special Google-designed camera, completes the last part of the Google Maps project on Wednesday to capture 360-degree images of Florida's 1,328 kilometres of beaches, in Miami Beach, Fla. The journey began in July.

WALTER MICHOT/THE MIAMI HERALD/THE ASSOCIATED PRESS

Vietnam

Rare mammal seen on camera

A camera trap in a forest in central Vietnam managed to snap a photo of one of earth's rarest mammals, the saola, which hadn't been seen in 15 years.

The antelope-like, long-horned ox appears to walk through dense foliage at the edge of the camera's range in the image taken in September. Conservation group WWF released the image Wednesday, along with a statement saying the discovery renews hope for the recovery of the species.

THE ASSOCIATED PRESS

The saola

WWF/THE ASSOCIATED PRESS

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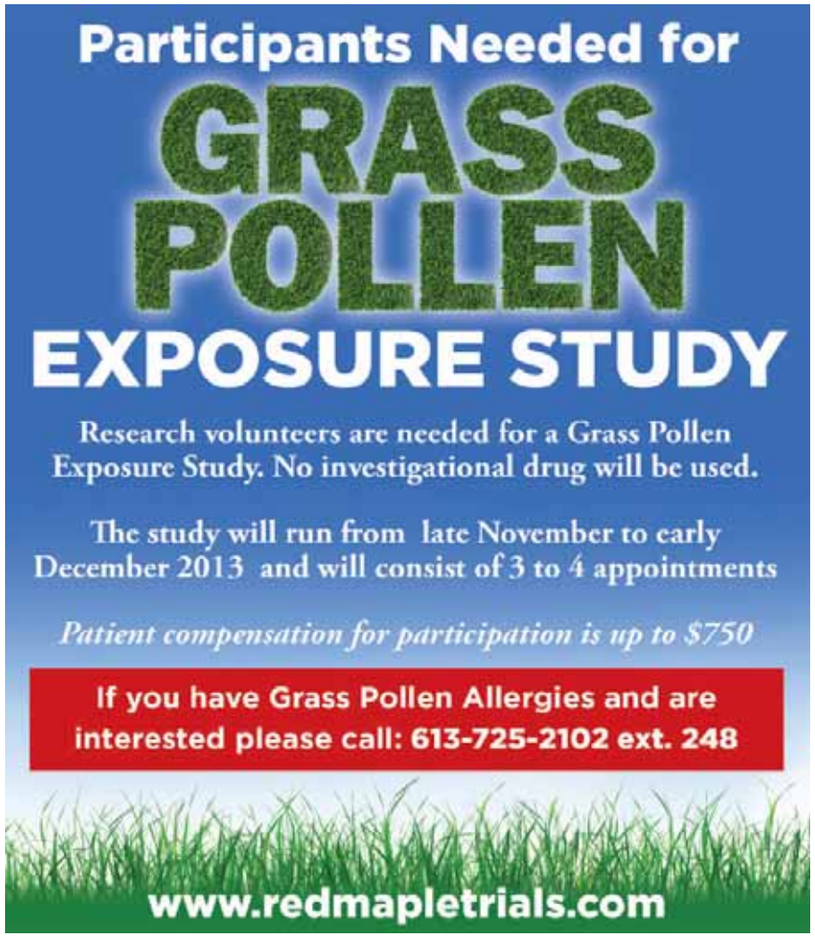
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Web awards. Metro worth sharing, in print and online

Metro has won two silvers at the 2013 Canadian Online Publishing Awards.

The award ceremony, which are held in Toronto every year, honours the best digital work in mobile and desktop journalism.

Metro won for its mobile apps, which remain among the most popular news apps in Canada, as well as for Matt Elliott's Ford for Toronto blog, which has been closely following the Toronto mayor's fiscal record since his term started.

Also nominated was a five-day online and print feature about avalanches, in which one reporter was buried alive and dug out with a rescue dog.

METRO

Random biz fact of the day

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CHRIS HONDROS/GETTY IMAGES FILE

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Look ma — no hands!

The mind is mightier than the sword — or hand. NAIT creates stunning thought-based game

LUCY HAINES
For Metro in Edmonton

Northern Alberta Institute of Technology (NAIT) students have helped build a video game that's a brain drain of a different variety — a hands-free, mind-controlled game that looks and sounds like something out of a sci-fi movie.

The aptly named Project Vulcan is a prototype built with the help of game-development students at NAIT, under the guidance of game-design instructor Armand Cadieux and game-programming instructor John Winski.

The game is set aboard a space station, where players become robots trying to escape by embodying a series of stronger robots. The mind-bending part is that players use only their thoughts, no hand-held controllers, to take over other robots.

"How we play games has changed in the last couple years," said Cadieux. "We're all on mobile devices; now only the minority of games are played on consoles. Technology has made things like these EEG-type headsets available commercially, so developers can create applications for existing hardware."

Cadieux points to the use of similar technology with paraplegics, who can move a wheelchair with a brain-sensor headset. He says using hardware this way is a logical next step in the ever-morphing gaming industry. Co-creator Winski calls the 10-minute game tricky, but one that teaches focus at a time when life is all about multi-tasking.

Out of the box

"We're teaching students how to build a game, but also how to think beyond."

NAIT instructor Armand Cadieux

NAIT instructor Armand Cadieux dons headgear for Project Vulcan, a hands-free game that reads brain scans — no hand controllers needed. The project is at the prototype stage and will launch by end of this school year. LUCY HAINES/FOR METRO

Motorola unveils much cheaper smartphone

Motorola says it wants to equip the world with the latest smartphone technology, at less than a third the price.

The new Moto G phone starts at $179 in the U.S. without a contract requirement. That compares with $600 or more that people must pay for phones without two-year service agreements.

Motorola, which is owned by Google Inc., said Wednesday that it will target an estimated 500 million people worldwide who can't afford phones costing more than $200. In the past, the company said, those consumers were limited to phones with technology that's at least a year old and thus unable to run the latest apps and services.

The company is targeting not just emerging markets, but budget-conscious consumers in the U.S. Although people can often get phones with contracts at the lower price, service fees are higher because they include the cost of subsidizing those phones. And many people don't have good enough credit to qualify and are limited to so-called prepaid plans. THE ASSOCIATED PRESS

Release rollout

- The phone starts selling in Brazil and parts of Europe on Wednesday.
- It will be available in Canada, parts of Asia and the rest of Europe and Latin America over the next few weeks.
- It is expected in the U.S., India, the Middle East and additional markets in Asia in January.

Catwalk gives her wings?

Taylor Swift has a spot on Victoria's Secret show

Taylor Swift shared the catwalk with the Victoria's Secret Angels on Wednesday at the lingerie retailer's annual fashion show.

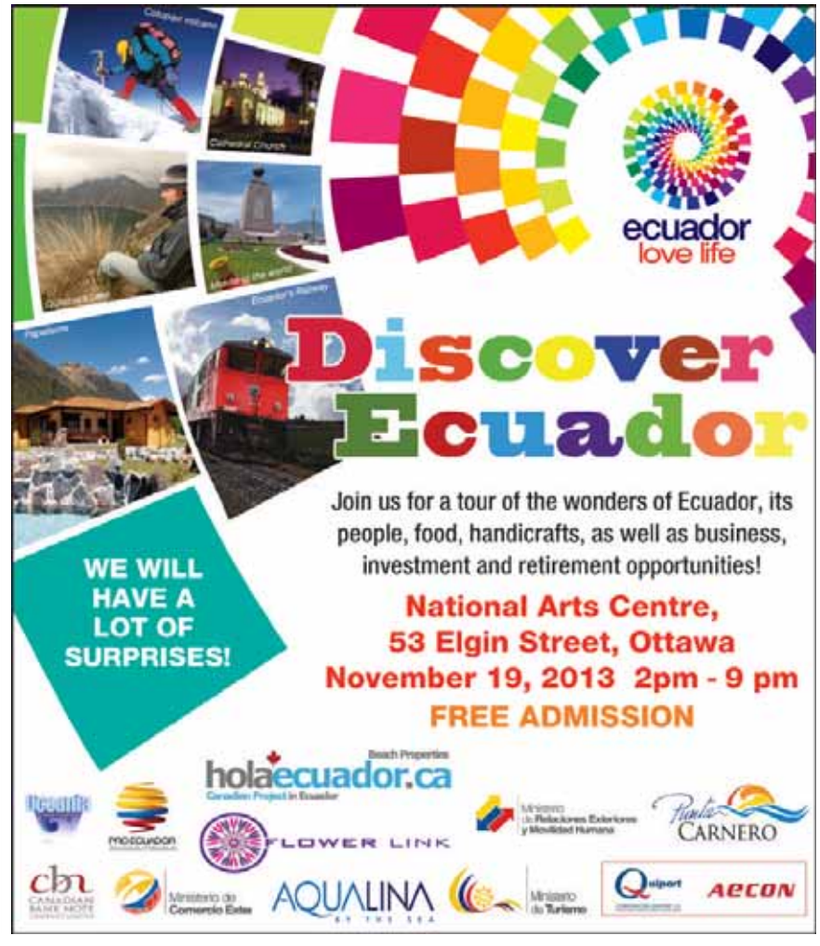
Swift was the show's headliner, and Fall Out Boy was among the performers.

The parade of models in lacy undergarments with elaborate trimmings of feathers, sequins and ribbons has become part of the holiday TV landscape. This year's honour of wearing the most bejewelled bra, valued at $10 million and covered in diamonds, rubies and sapphires, went to model Candice Swanepoel.

At her fitting earlier this month, Karlie Kloss said that while the outfits are skimpy, they take months to make.

THE ASSOCIATED PRESS

Model Karlie Kloss at a fitting for the Victoria's Secret Fashion Show in New York, airing Dec. 10. CHARLES SYKES/INVISION/THE ASSOCIATED PRESS



Douglas Coupland

Douglas Coupland's latest novel, Worst. Person. Ever., is available from Random House Canada.

Day 9

metronews.ca/temp

Living in T.O. is not easy

A growing number of temps are overqualified for their positions yet have little hope of advancement, says a 2013 report called Untapped Potential: Creating a Better Future for Service Workers.

$23,647

About seven per cent of routine service workers earn less than the low-income cutoff wage, defined as $23,647 in Toronto.

GETTY IMAGES

45%

About 45 per cent of Toronto's workforce is employed in routine service jobs.

20.2%

Some 20.2 per cent of routine service workers in the Toronto region have an undergraduate university degree, up from 13.3 per cent in 2001.

2001-2009

The level of precarious temporary employment within the service sector grew an "alarming" 33 per cent between 2001 and 2009.

GETTY IMAGES

Temp Not Eligible for Trauma Disability Pay

"Good afternoon. Taylor, Wagner & Kimura Filter Systems, a proud patriotic company since 1899. I'm sorry, Mr. Taylor isn't here right now. Is there a message?"

You'd think, after a great big glamorous shootout, we'd all get the day off, but no — I, the disposable temp, was forced to man the front desk while everyone else went home to Google grief counsellors so that they could file PTSD disability claims. Even still, it was an hour before the bomb sweep finished and we got the OK to go in. The Danimal returned me to desk duty with brazen emotional manipulation. "Sorry Shannon. You have to be the strong one here today." This meant me brushing off press enquiries and telling freaked-out loved ones everything was OK, which actually gets dull very quickly. The lines died down by 4:00, so I went online to look at Shoeman's specialty website: Undeadbutnotunmown.com — nothing but screensnaps of well-mown lawns appearing in the backgrounds of zombie apocalypse movies. He is so deep.

At 4:15 the door opened and I looked up — it was Kyle, dressed head to toe in oil refinery gear. "Guess where I just got hired!"

"Kyle, you look like a Village Person. And thanks for being relieved I'm alive."

"Of course I care — the shoot out — it's all over the radio. What happened?"

"Just after lunch, Kevin went nuts and holed himself up in the warehouse threatening to shoot himself. You know why."

"What then?"

"Then there were maybe 50 shots fired and everyone thought he was dead, but then he wheeled this creepy scarecrow effigy out the doors — and walked out with his hands on top of his head."

"Did they arrest him?"

"I don't know. Is threatening to kill yourself a crime?"

"I wonder. And what does a guy like Kevin do in jail all day — shop for boats online?"

"Kevin is now officially declassified."

"Declassified?"

"Declassified. Like me. No longer a part of the class spectrum, with no hope of reentering. Not poor, not middle class, not blue collar or white collar. Blank collar — spending the rest of his life shopping in jail."

I, the disposable temp, was forced to man the front desk while everyone else went home to Google grief counsellors ...

This was when Sarah No. 1, who'd been gone all day, magically appeared at the front door wearing slutty heels and a push-up bra. "Hello Shannon. Oh hello Kyle."

"Ummmm..." Kyle was stungunned by Sarah No. 1's get up.

I was sitting behind him and I mouthed the words, "cradle robber" to Sarah.

She winked at me. "Kyle, can you help me with my car? It won't start."

Shameless. Just shameless. They left for the parking lot.

TO BE CONTINUED...

Random fact of the day

Holy hork Batman!

- The human body produces around a litre of mucus each day.

SOURCE: BBC.CO.UK

Random biz fact of the day

50%

Another reason to not procrastinate — 50 per cent of new hires applied within the first week of the job posting.

SOURCE: NEXCAREER

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TV, ER, RUNNING CAN CHANGE YOUR LIFE

HE SAYS

John Mazerolle
metronews.ca

I'm training to run a half-marathon and it's changed my life. The magazines tell me so in their colour-filled, glossy pages.

My heart rate is improved. My self-esteem and confidence are at a new high. Coffee tastes better, people smile at me on the street, and I'm no longer racist. My parallel parking has improved; I can use a urinal even with other people around; and I've just about cured cancer.

And happy?! People in running mags are so happy, just like me. They always have great teeth that they show off as they run, keeping them white and clean through constant wind exposure.

It's because these people have taken control of their lives.

That's what the mags say. Taking control is always stated as inherently positive, even though deciding to eat Big Macs every day or committing to a daily regime of crack would qualify as taking control too.

As you have perhaps surmised, I'm a little less gung-ho than your average running-mag model, the sort who treats running as a full-fledged religion complete with conversion and redemption. *Join us.*

I enjoy running but I'm not that far gone, partially because I'm not very good. I have *never* smiled when running — the look on my face ranges from passing a gall stone to passing out to passing on.

Running is supposed to offer a sort of endorphin-fuelled pain relief, but I mostly find that my lazy pains have shifted into new locations of active-people pain — like a cartoon character who throws a hot potato between his left hand and his right hand.

I'm also about as light on my feet as those AT-AT walkers from The Empire Strikes Back. If you were just listening to my footfalls you'd swear I was wearing flippers.

No, I take different lessons from running than just

Quoted

Here's my inspirational running story: I run. I don't really go anywhere, I end up back where I started ...

"Things are super now!"

Here's my inspirational running story: I run. I don't really go anywhere, I end up back where I started, but I'm happy to have gone. Pointless, yes, but better than just sitting there, right?

If I couldn't find the symbolism in that, my Grade 10 English teacher would be very upset with me.

It's better for me to do almost anything than lie stagnant on my couch.

Unless The Empire Strikes Back is on.

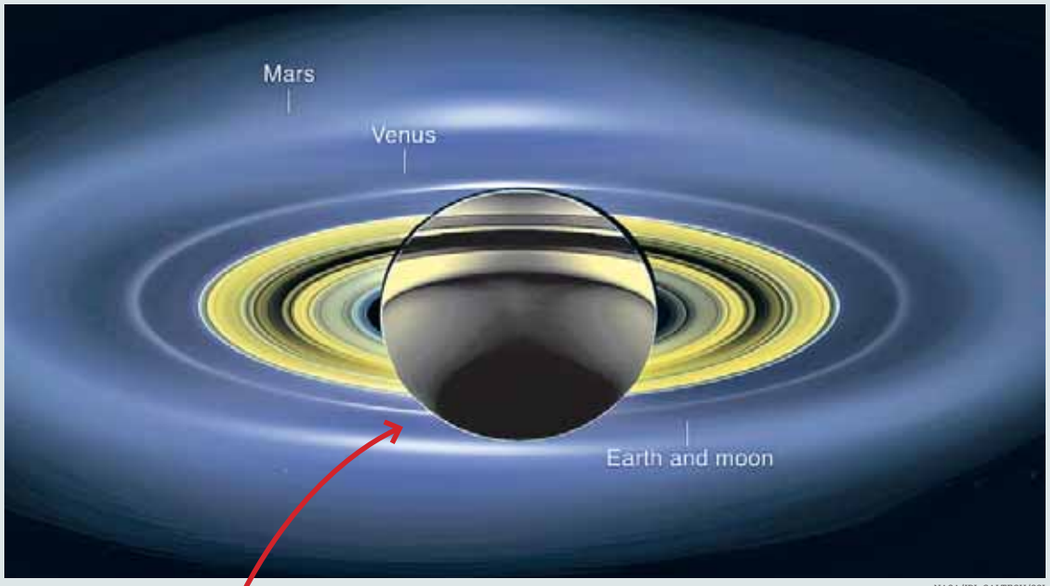
That's different.

It changed my life.

(This column was originally published in Metro in September 2010. John Mazerolle's column will return next week.)

ZOOM

Solar system's family photo



NASA/JPL-CALTECH/SSI

Saturn shown in one-of-a-kind pic

NASA has revealed an unprecedented view of Saturn from space, the first in which the giant gas planet (backlit by the sun), its moons and rings, and Earth, Venus and Mars, are all visible. Unveiled this week, the new natural-colour, panoramic mosaic of the Saturn system was taken by NASA's Cassini spacecraft. **METRO**

By the numbers

141 wide-angle images were processed by Cassini's team to create the mosaic.

651,591 km is the distance the image sweeps across Saturn and its rings.

1.44B km was the distance from Earth Cassini took the image — nearly 10 times the distance from the sun to Earth.

Solar system clues

"Data like these also improve our understanding of the history of the faint rings around Saturn and the way disks around planets form — clues to how our own solar system formed around the sun."

Linda Spilker, Cassini project scientist based at NASA's Jet Propulsion Laboratory

Cassini facts

- In 1997, Cassini-Huygens is the fourth space probe to visit Saturn and the first to enter orbit.
- 16 European countries and the U.S. make up the team responsible for building, flying and collecting data.
- The mission ends in 2017.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

With the holiday season right around the corner (if you need proof, just step into any shop anywhere), many are trying to get out of Dodge — or get to Dodge if that's the case. If you haven't booked travel yet, chances are you're too late — J/K, not too late, but too late to get a decent fare. Check these sites for elusive holiday season travel deals.

ISTOCKIMAGES

Hipmunk:
Like most sites, Hipmunk searches the major carriers, but offers an "agony-free" search so you don't have to muck around sorting by price, stopovers, times, etc.

Kayak:
One-stop shop for hotels, flights and cars with a stellar alert system — give them your details and they do the rest for you.

Jetsetter:
Once you've found your cheap flights, book a last-minute luxury room at a boutique hotel on the site or their well-designed, user-friendly app.

Twitter

@metropicks asked: #LdnOnt wants to allow elderly to cycle on the sidewalk. Safety advocates disagree. What do you think?

@fowgre: Bad idea. City and LPS should stop abdicating responsibility and make roads safe for cyclists. #ldnont

@londongirl52: as long as bicyclists are courteous to walkers and vice versa, I don't have a problem with anyone on sidewalk.

@Thomas_Howden: Key word, side 'walk'.

@thebellguy: I enjoy reading about rules that are made for a portion of the population, they always seem to work out well.

@KevinLabonte: 75% of bike releated accidents occur at intersections. On a sidewalk every driveway is an intersection. #LdnOnt

@neginneghabat: Bicycles generally & esp elderly cyclists behave much more like pedestrians than cars, so that's where they belong

@DanHilton74: If sharing the road is unsafe for any group, lets build a Master Bike plan w/ more paths vs ad-hoc solutions.

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SCENE 2

What Kim Mitchell said

Go for a soda. Local brewery offers up all-natural versions of three classic sodas

BACKSTAGE PASS
Jen Traplin
ottawa@metronews.ca

Earlier this year, Ottawa brewery Kichesippi Beer Co., launched its own line of small batch all natural sodas.

Proudly local, Harvey and Vern's Olde Fashioned Soda line includes ginger beer, cream soda and the latest addition, root beer.

"It's a very unique product in the fact that there is no other Ottawa soda and it's all natural," says Grayson McDiarmid, brand manager for Harvey and Vern's.

"We wanted to make as healthy of a product as we could. We're not using high fructose corn syrup, we come in at about 10 grams per litre of sugar, less than the big competitors, and it's real sugar versus high dextrose corn syrup.

"We want people to be able to drink it and not get sick or feel guilty and drink soda in a responsible way. Of course, it is still a sweet drink so moderation is important."

Not only is the Harvey and Vern's line now being sold at restaurants and food trucks all over town, McDiarmid says some places are even incorporating the sodas into their menu items.

"There are lots of great partnerships — we're in over 100 spots now," he explains.

"People kind of got creative with all of the applications of it — The Corner Bar and Grill is doing a ginger beer pulled pork taco, The Flour Shoppe, a cupcake shop, has a cream soda icing and the Fratelli group has taken our cream soda and made an Aperol cocktail with it. We've also seen restaurants adding Dark and Stormies to their cocktail menus with our ginger beer."

Although, initially, co-owner Paul Meek expected the most appealing aspect of Harvey and Vern's Olde Fashioned Sodas would be the fact that they are made with all natural products, McDiarmid says the Ottawa connection seems to be one of the strongest selling points.

"The fact that it's local has really been the big feature. People here support Ottawa businesses so well, especially in the food and drink community."

And, while Kichisippi Beer is strictly a local product — the brewery has no plans to offer their brew outside of the Ottawa area — Harvey and Vern's Olde Fashioned Sodas will likely make their way out of town eventually.

"In just the last few days, I've fielded emails from New Jersey, Montreal, Toronto — all places that want to carry our stuff," says McDiarmid.

Nobody drowns, nobody dies

"We want people to be able to drink it and not get sick or feel guilty."

Grayson McDiarmid, brand manager, Harvey and Vern's

Might as well: Grayson McDiarmid, brand manager for Harvey and Vern's Olde Fashioned Soda, enjoys a cold cream soda. COURTESY HARVEY AND VERN'S

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Just looking for a little Applause

Overexposed or underappreciated?
Pop art of Lady Gaga is all over, continues to inspire debate

There's just one way to escape the blitz surrounding Lady Gaga's new album: completely unplug from society.

To kick off the release of her new album, Artpop, this week, the entertainer, never known for understatement, has been omnipresent.

She began with a huge release party Sunday, where she debuted Volantis, billed as the "world's first flying dress." She floated about six feet above the floor before performing at the event, streamed live on Vevo.

The next day, she opened pop-up Artpop stores in New York and Los Angeles, where Gaga-related merchandise was sold, and she was one of the main honourees at Glamour's Women of the Year ceremony. On Wednesday, she was due to appear at the opening of an H&M store in New York's Times Square.

She's scheduled to tackle hosting and performance duties on NBC's Saturday Night Live, and she redesigned the Life section logo of USA Today in her image — the first time the newspaper has had a celebrity do so. The newspaper also featured an interview with the superstar. And a concert special with Ryan Seacrest is set to air on the CW Network next week.

Gaga's publicity push leading up to the debut of Artpop could be described much like the singer herself: eye-catching, unique, daring and, of course, over the top. It comes amid mixed reviews for the album, the departure of her longtime manager and questions about whether Gagamania might be on the wane outside her core Little Monsters. The album's first single, Applause, remains a top 10 hit, but was considered a bit of an underperformer compared with her previous hits.

Lady Gaga unveils a sculpture of herself by artist Jeff Koons during the Artpop album release and artRave event at the Brooklyn Navy Yard on Sunday in New York City. EVAN AGOSTINI/INVISION/THE ASSOCIATED PRESS

Bill Werde, Billboard's editorial director, thinks folks wondering if the 27-year-old is approaching her expiration date are missing the point.

"She's presenting an artistic view of pop music that's a lot more challenging than anything else that's even approaching the top of our charts now. She is risking her top success for the sake of art, and I think a lot of people don't get that," Werde said after viewing Sunday's show online.

"You have to really appreciate how conservative most pop fans are in the world. They don't necessarily want their music dipped in art. They don't want to see pop stars come out for a performance wearing a terrifying scarecrow mask," he added.

It's what we've come to expect from Gaga, however. Her career has been as much about performance art as music. After all, this is the woman who has paraded around in a dress made of meat, assumed a male alter-ego for an awards show, arrived at another in an egg and stripped naked onstage in Europe last month.

"She's definitely one of the most iconic artists that we have on the planet," said hitmaker David Guetta, who worked with Gaga on her new album. "I like the way that she works because she's just an artist. I don't see her as belonging to one school. She's just art. Even though it's pop music and it can ... have emotional (aspects), pop can also be very commercial. And I like the way that she's doing pop in a very artistic way."

Some have questioned how much her approach resonates these days, especially when Miley Cyrus draws weeks of headlines by twerking onstage at the MTV Video Music Awards. Gaga's performance at that show barely rated a blip at the water cooler the next morning.

Gaga's supporters, though, warn against viewing her in the short term. They believe she's built something more durable.

Artpop is Gaga's fourth full-length album, and comes after a forced hiatus. A hip injury sidelined her and forced her to cancel her tour last year. THE ASSOCIATED PRESS

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Charli XCX finds True Romance after I Love it

PAT HEALEY
Metro World News in Boston

Charli XCX. GETTY IMAGES

The pop landscape for women in the second decade of the millennium seems to be all about girls gone wild. But Charli XCX swears she's not trying to be a badass. Come to think of it, Charli XCX does a lot of swearing on her debut from earlier this year, True Romance.

"I don't really think like, 'Oh I'm going to swear, let's be really edgy,' or any of that s—," she says. "I feel like I swear quite a lot in general life anyway, so when I'm writing it's really just what's in my brain and what's kind of coming out of me."

Writing songs is something she may be better known for than singing them. She penned Icona Pop's song-of-the-summer, I Love It.

Born Charlotte Emma Aitchison, she's got an English accent and is charming in conversation — alternately funny and disarmingly sincere — much like the lyrics on the True Romance album. She also meant it when she wrote the I Love It line, "I'm a '90s bitch." She was born in 1992. She says penning such a huge single has given her the chance to work with a childhood hero of hers, who was "a '90s bitch" of another sort. "I was in a session the other day with William Orbit for Britney, which was cool," she says, barely containing her enthusiasm. "She's one of the hugest stars in the world, who knows what will happen, but it was an honour to be invited to that session."

Chestnut is among director's Holiday best men

NED EHRBAR
Metro World News in Hollywood

It's been nearly 15 years since Morris Chestnut starred in The Best Man, and now he's re-teaming with Taye Diggs, Terrence Howard, Harold Perrineau and writer-director Malcolm D. Lee for a long-awaited sequel, The Best Man Holiday.

Metro took a trip down memory lane with him.

So was your character's football background your idea or Malcolm's?
We're both big football fans. I've been playing football and loving football all of my life. Before I loved little girls, I loved playing football. So a lot came from me. The funny thing about it is the two roles I'm most remembered for are Boyz n the Hood — where I played a football player — and this one, where I play a football player.

So, 14 years later. How much does that mess with your head?
You know, it doesn't really mess with my head. We know it's been a long time, and we've seen each other throughout the years, some of us have hung out, some of us haven't. I'm just proud that the studio feels either the content of the movie or the title of the movie or the actors in the movie are still relevant to where they think that it can make some money.

When you reunite with the cast members you haven't seen in a while, is it a sort of reality check about aging?
You know, the great thing that Malcolm did was a week before we started filming, we all watched the original together. That brought me back to some places emotionally, and even brought up some things about my character that I didn't remember since it's been a long time. Whenever I see a movie of mine on TV, I don't watch it. I hurry to change the channel. Sitting there watching that movie from beginning to end, it just brought back a lot of different things. When we started filming I was like, "Do you want me to wear a wig? What do you want me to do? Because the characters had hair last time, and now Taye and I don't have hair."

The characters have all done quite well for themselves.
To be honest, I think that was what was so interesting and refreshing about the first one. It was the first movie of its kind where you really see black professionals. You had Jordan, Nia Long's character, who was a big-time TV executive. You had Harper, Taye's character, who was a writer, an intellectual job. You have those types of images that I think people wanted to see. You had your films like Boyz n the Hood, New Jack City, where you're showing street life and drug life and all that. But seeing those positive images on screen, I think that's what was refreshing for the first one.

Speaking of sequels, do you think there will be any more Kick-Ass movies?
Ah, man. I don't think so, I don't think so. I think after that one, they're done with those for right now.

From left, Taye Diggs, Morris Chestnut, Harold Perrineau and Terrence Howard in a scene from The Best Man Holiday.
MICHAEL GIBSON/UNIVERSAL PICTURES/THE ASSOCIATED PRESS

James Franco directs, stars in As I Lay Dying

Turning books into movies. Franco views it as a challenge to translate seemingly unfilmable works

NED EHRBAR
Metro World News in Hollywood

As you may have heard, James Franco's been busy. In addition to being a prolific actor (he squares off against Jason Statham in Homefront in a couple weeks), he's also a prolific director who's particularly drawn to novels deemed unfilmable. His take on William Faulkner's As I Lay Dying, which played at the Toronto Film Festival this year along with his adaptation of Cormac McCarthy's Child of God, has just arrived on DVD. And in addition to Actors Anonymous, his new book of short stories, Franco is promising an adaptation of Faulkner's The Sound and the Fury next.

Franco on literary adaptations
"What I figured out with even my short films based on poetry is if I use a literary source that is somehow stylistically interesting or stylistically unconventional or just complex, it will push me as a filmmaker in new directions. It will take me out of conventional ways of filmmaking," he explains. "There are stories that I love that I just don't think would be told. As I Lay Dying has been around for 80 years. Nobody's made it. So I made it. There's this old adage that great books make bad movies and bad books can make good movies, like The Godfather — I mean, it's not a bad book, it's just kind of a dime-store thing. I don't think that's completely true, but what I think is true about it is when people love a good book it's not just because of the story; it's because of the way it's written, the style, the structure. Something that works in a book won't necessarily work in a movie in the exact same way. You have to translate the style. And I love that. That's, I guess, become my thing."

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Me: Hello darkness, my old friend. Darkness: I aintcher friend, chubs.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Zac Efron

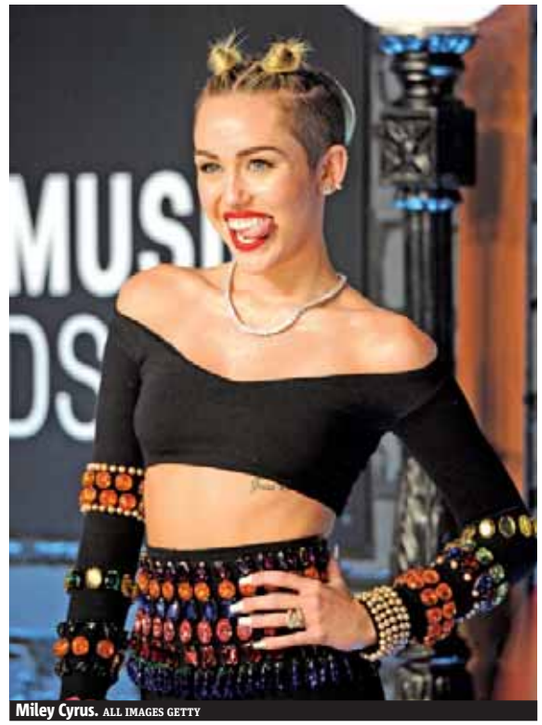
Efron movie on hold after star breaks his jaw

Zac Efron is recovering from a broken jaw after slipping and falling at the entrance to his L.A.-area home over the weekend, according to E! News. Plans to promote his upcoming film, That Awkward Moment, have been postponed while he undergoes recovery, which reportedly included having his jaw wired shut. Efron also reportedly sustained a gash that required stitches in the fall.

The Word

Three is not always a crowd for Gaga, but she's still a lady

Lady Gaga likes to keep an open mind, even when it comes to her relationship with Taylor Kinney. When asked by Howard Stern if she'd be open to letting another woman join them in bed, she says, "That sounds like fun!" But Stern couldn't get her to go on the record as to whether she and Kinney have already given that a try. "You know what? I've spoken a lot about my Taylor and I don't want to kiss and tell too much. I'm a little bit more of a lady than that," she says. "Here's the thing: I'm not the type of person that's having sex all the time with lots of random people. I don't do that. I'm in a monogamous relationship, we're having a good time, we've been together for a while. If it were to come up, it comes up." And as happy as Gaga and Kinney are, they're in no hurry to tie the knot. "The thought of a wedding to me is exhausting. Why would I put myself through that?" she said. "Here's my dream wedding: We get completely hammered, we get the worst dresses we can find and then we go to the courthouse."



Miley Cyrus. ALL IMAGES GETTY

Weed really like to look into Cyrus incident, say stunned Dutch authorities

Miley Cyrus' latest awards show stunt — lighting up what appeared to be a joint on stage at the MTV European Music Awards — might turn out to be more trouble than it was worth. Authorities in Amsterdam are reportedly investigating the incident, according to Agence France-Presse, since the venue where the show was held has a strict no smoking policy. "We received complaints about smoking, which was also seen on television. We have to investigate," a spokesman says. "There is a smoking ban in public places in the Netherlands. Employees have the right to a smoke-free environment, and this includes camera and sound personnel." A spokesman for the arena, meanwhile, says the stunt "caught us by surprise."

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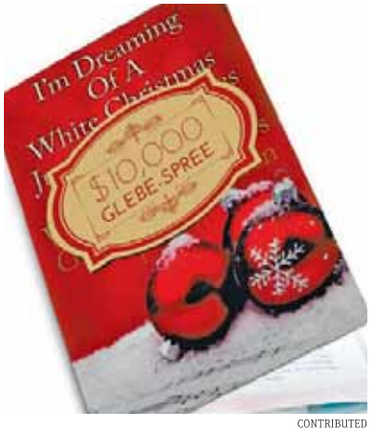

CONTRIBUTED

SPREE REWARDS SHOPPERS IN THE GLEBE

The Glebe-Spree is back. What has become an annual tradition for The Glebe BIA gives shoppers in the Glebe a chance to take home $10,000 of merchandise or services from the Glebe participating merchants. Developed in 2011 to encourage shopping after the City of Ottawa's extensive Bank Street reconstruction project, the campaign is in its third year with more than 18,000 entries in the past two years.

"We love being able to reward the people who shop the Glebe." says Glebe BIA chair Greg Best. "This is an opportunity for our loyal customers as well as new visitors to experience the Glebe and all we have to offer."

The promotion runs from Nov. 16 to Dec. 31 and rewards Glebe shoppers with a sticker for each $20 spent. Stickers are collected in a Glebe-Spree passport. Once a page is filled with $200 worth of stickers, you can enter a ballot into a draw for a $10,000 shopping spree.

The winner will be announced in the new year. Passports will be available for shoppers to pick up at participating Glebe businesses starting Saturday.

In 2011, Will Raymond was the lucky winner, while Mary Pal took home the prize in 2012. This year's prize money is generously donated by the Glebe BIA and Scotiabank (Bank and Fourth).

Saturday marks the official launch of the campaign with a live radio broadcast in the Glebe. Drop by and you could be the next winner.

ATTEND FAMILY-FRIENDLY, NOSTALGIC ROMP

JERRY GRANELLI CONCERTS DEC. 7

Jerry Granelli's tunes have been part of Christmas tradition for North American families for the past 45 years — close as an old friend, comfortable as an old blanket.

Granelli, as one-third of the legendary San Francisco-based Vince Guaraldi Trio, recorded what is arguably the greatest Christmas album of all time in 1965, the soundtrack to the animated classic A Charlie Brown Christmas.

Granelli is the only remaining member of the famed trio, and this Christmas season he is on the road to share the story of the band that recorded the famous soundtrack.

The show is part oral history, part concert, and part screening of the Christmas classic with musical accompaniment provided by the Jerry Granelli Trio. The two performances on the afternoon of Dec. 7 at the Ottawa Little Theatre promise a family-friendly, nostalgic romp and an unforgettable Christmas concert for the young ones.

Granelli and his band will be joined on stage by local choirs, the Cross Town Youth Chorus and the Goulbourn Jubilee Juniors.

For tickets, visit ottawachildrensfestival.ca, or call 613-241-0999.

BRIAN GOLDSCHMIED PHOTO

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$10,000
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Isabel Marant brings her perfect imperfection to H&M

Oh la la. Clothing retailer welcomes designer's nonchalant Parisian chic in new line for men and women

CAROLINE SANDSTRÖM
Metro World News in London

More than any other designer, Isabel Marant has managed to export that hard-to-put-your-finger-on, relaxed, brand of Parisian chic to the rest of the world.

Her slouchy esthetic will go even more global this week, when her collaboration with H&M, the clothing giant's ninth, hits stores. We met the fashion icon at the Westin hotel in Paris to talk about her line, her personal style, and whether or not a men's line is in her future.

How did you approach this collection? It seems that most designers choose to create more affordable versions of their greatest hits.

When H&M contacted me and asked if I would like to collaborate I felt it was a great honour. I didn't know then what they wanted but I knew almost immediately that I wanted to create a collection with all my favourite garments.

You know, the clothes you always pack; the ones you would kill yourself over if they disappeared.

What's the key to your slightly grungy take on Parisian chic?

All you need is nonchalance. Parisian chic is about perfect imperfection; something a little deviant. You look good, but you don't pay too much attention or spend hours in front of the mirror. I think the improper, slap-dash look is absolutely the sexiest and most charming look anyone can have.

How did you find designing men's wear, as this was your first attempt at it?

It wasn't difficult to create a men's collection for H&M but it was a challenge. It was easy to create garment by garment, as I often use masculine elements in my female collections, but the hard part was to paint the big picture. I don't care for men who are too fashion-conscious, so it was difficult to find a balance. It mustn't look to be too much.

But despite the fact that I'm very satisfied with the result I don't think it will be a permanent fixture in my design.

But you should never say never.

Devil may care

"All you need is nonchalance. Parisian chic is about perfect imperfection; something a little deviant. You look good, but you don't pay too much attention or spend hours in front of the mirror. I think the improper, slap-dash look is absolutely the sexiest."

Isabel Marant

There are plenty of basics in your collection — what are your personal wardrobe musts?

The trouser is my absolute favourite garment, as well as a well-fitted T-shirt.

Basic garments are the end-all-be-all to me but I don't have any direct advice on how to style my clothes because I encourage a personal interpretation.

It's all about the blend and I love when I see people mix my garments with others, old and new, feminine and masculine, creating their own identity through them.

Personality is the ultimate accessory for me.

If you have that, you have everything. C'est tout!

Milla Jovovich owns the Parisian chic look by perfecting imperfection with her patterned dress, tousled hair and slouchy boots.
CONTRIBUTED

Looking sharp in houndstooth

RICHARD PECKETT
richard.peckett@metro.lu

1

MP Di Massimo Piombo

Houndstooth overcoat, $2,115, mrporter.com

2

Zara

Hhoundstooth scarf, $40, zara.com

3

Paul Smith

Houndstooth sweater, $750, paulsmith.co.uk

4

Marc Jacobs

Camouflage hi-tops, $501, brownsfashion.com

Canadian street style

Spotted in: Vancouver

Emma Breed

Fashion Merchandiser / Advertising Associate

What she's wearing
Scarf from a friend, jeans from Oxygen sample sale, coat from H&M and shoes from Aldo.

Her inspiration
Emma incorporated a summer-staple (coloured jeans) very well into a fall look by matching it with a wool coat, and an ankle boots — while keeping it fun with a leather accent on the coat and studs on the boots.

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT – AN E-NEWSLETTER PROGRAM – AND A WEEKLY NEWSPAPER SECTION TOO!

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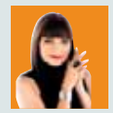
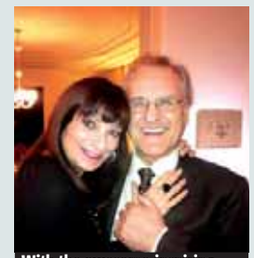


JEANNE SPACE
Jeanne Beker
life@metronews.ca

TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.



With the awesome-inspiring Stephen Lewis @Aids_free_world Tomorrow is Stephen's 76th birthday! Happy Birthday! #hero

With my gorgeous mom at Zareinu fashion benefit. A privilege to be hosting once again! Can't wait to see the kids!

BAYSHORE
FASHION FILE
BAYSHORE SHOPPING CENTRE ANSWERS YOUR FASHION & BEAUTY QUESTIONS.

Q: WHAT ARE THE MUST-HAVES FOR LADIES THIS SEASON? SHOULD I STICK WITH WARM COLOURS DURING THE WINTER MONTHS? DH

A: With every season comes new wardrobe must-haves! This fall update your wardrobe with plaids and leather accents for a biker-chic look! Another key piece to incorporate into your look is an oversized coat. Wear it with a short dress or slim fitting pants and ankle booties. H&M and Zara have all of the hottest items for the cooler weather!

Q: I DON'T HAVE A SLIM BUILD, AND WINTER CLOTHES MAKE ME LOOK PRETTY BIG. HOW CAN I KEEP WARM WITHOUT LOOKING BULKY? JK

A: Since many chunky winter knits add volume, it is best to avoid them, unless you are a slimmer build. Try finer kit sweaters made from cashmere or Marino wool, for something warm and cozy that won't add bulk! For outerwear look at stream-lined coats that are lined with Thinsulate for warmth, instead of something filled with goose down that will add unnecessary bulk.

Q: I WANT TO SURPRISE MY WIFE WITH A NEW DRESS FOR HER OFFICE CHRISTMAS PARTY, BUT I DON'T KNOW HER SIZE. HOW DO I SHOP FOR A DRESS FOR HER? FD

A: Your wife is one lucky woman! Likely, the most simple option for you would be to have a peak at one of the dresses in her closet, find the size, and then head over to Femme de Carriere, or Hudson's Bay and let one of their stylists help you make the perfect selection for her! Of course, when in doubt, Bayshore offers gift cards in any denomination and free valet service on the weekends – take her out for a day of shopping indulgence!

ANGIE RUSSELL | MARKETING DIRECTOR, BAYSHORE

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Bayshore Shopping Centre @bayshoreottawa

Multi-purpose furnishings are of utmost importance when living in small or shared spaces. Double-duty is the way to go when it comes to bulky pieces, so I've scooped up the best alternative dining tables for those urban homeowners who rarely entertain. Are you looking to simply save some space? Check out these table options.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

5 tables with a twist

In the living room

Eating and watching television has just been elevated in a stylish manner. Scout Functional Coffee Table, $800, eq3.com.

1

In the kitchen

When flipped down it acts as a shelf for small objects. When up it's dining for one or a great laptop station. Bjursta wall-mounted, drop-leaf table, $50, ikea.ca.

2

In the closet

Play cards or dine informally, then store this set away easily under the bed or in the closet. Five-piece Folding Wooden Games Table and Chairs Ensemble, $350, sears.ca.

3

4

In the foyer

A 9.5-inch deep console folds out into a 36 x 65.5-inch dining table for dinner parties. Span White Gateleg Table, $395, crateandbarrel.com.

In the home office

Roll your desk into the living room and add chairs. Go-Cart Bright Orange Desk, $170, cb2.com.

5

THE BIGGEST MOST AUDACIOUS GIFT

The biggest, most audacious holiday gift to give this year. Warning, you are going to need extra wrapping paper.

It can be hard watching your grown children flush their hard-earned money away on rent, year after year. When your children can't afford to enter the housing market on their own, do you step in and help, or let them find their own way?

It's a tricky question, and the answer depends on a number of factors, including your finances, personal values and the type of relationship you have with your children.

The following are a number of options.

Purchasing a home for your child in your own name. The primary reason to keep the home in your name is to maintain control of your considerable investment. One clear benefit is that, in case your child marries and then divorces, the home is protected from divorce laws that would give the spouse an equal share of marital assets.

Giving money as a gift for the down payment, partial payment or the full cost of the home. This is tidier than purchasing a home and gifting it to your child. No taxes apply to gifts of cash, whereas the gift of a home entails paying any capital gains tax applicable.

Co-signing the mortgage. While this may seem like the simplest way to help, it entails a lot of responsibility. In the worst-case scenario, your child is unable to pay the mortgage and you are left to carry it yourself.

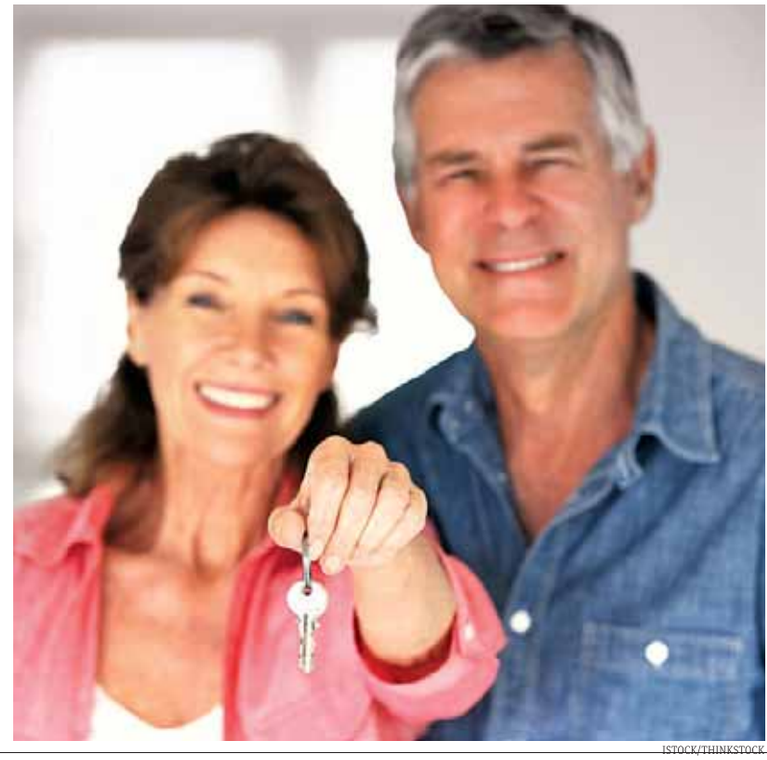
Acting as mortgage lender. Some parents decide to lend their children an interest-free mortgage, thus avoiding taxes on the interest.

Creating a family trust to purchase a home. This approach provides the child, as beneficiary, with a home, while the parents, as trustees, retain legal control.

Whatever strategy you choose, allow your children to accept or decline your help based on an open and frank discussion of your financial, practical and emotional expectations.

Learn how you can buy three homes from one at ottawarealestateedge.com.

– Marnie Bennett, broker



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-Brian and Lyn L.

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-Marnie Bennett
Broker

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CONTRIBUTED PHOTOS

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Come see why Qualicum Woods Crossing is one of Ottawa's fastest selling developments.

If you have been searching for a chic, boutique new home in the heart of the city and close to all amenities, your search is finally over.

Greatwise Developments is proud to reveal Qualicum Woods Crossing, Ottawa's first of its kind, resort-style living, located off Baseline Road just west of Greenbank Road.

This five-acre development is the perfect setting to start planning your dream home. Qualicum Woods Crossing offers the feel of a quiet suburb with plenty of natural surroundings without sacrificing the excitement and convenience of urban living.

Qualicum Woods Crossing is only steps away from public transit and highways 417 and 416. Canada's largest Ikea is only a few blocks away, and there are plenty of casual dining and coffee shops nearby.

Buy a home here and you will quickly discover what you have been missing — a sense of community at affordable prices starting from $169,900.

Qualicum Woods Crossing includes six stately four-storey condo buildings nestled in the heart of a mature neighbourhood with an abundance of parkland, mature trees and your very own Zen-style garden. Come home from a stressful day at work and meditate by the gardens or relieve stress in the gym.

Invite your family and friends over for a barbecue on the terrace or watch the game in the home theatre on a big screen.

Phase 1 includes studio suites, one- and two-bedroom suites, one- and two-bedroom suites plus den, from 403 to 1,117 square feet.

You are sure to find the layout and size that fits your needs.

Come home to Qualicum Woods Crossing and discover a lifestyle that is second to none.

THE BOWERY: CENTRETOWN'S NEW JEWEL

Centretown continues to attract growing numbers of young professionals and baby boomers seeking an active, urban lifestyle.

The Bowery, the latest condominium building from Richcraft — widely considered the region's top developer — puts this lifestyle well within reach. Located at Bay and Gloucester streets, units start from $174,000.

Even the savviest Ottawa resident would struggle to find a better location. A short walk from The Bowery leads to much of what makes the city such a wonderful place to live — the Rideau Canal and the region's massive network of recreational trails, Parliament Hill and historic parks and buildings, along with an eclectic mix of shops, restaurants, nightclubs and theatres.

The 18-storey, 248-unit building offers a mix of studios, one- and two-bedroom units, and unique two-storey lofts. Named after, and inspired by, one of lower Manhattan's historic neighbourhoods, The Bowery is a striking mix of brownstone brick and steel that emulates New York's post-revivalist architecture.

CONTRIBUTED

Natural stone blocks flank black anodized curtain-wall framing while polished plate glass gleams beside stainless steel set into granite slabs. A charcoal black brick podium anchors the tower to the street. Walk through the charismatic entrance doors and into a space that is tall, bright and airy with a sophisticated, yet unpretentious, ambience.

The Bowery's interior design emphasizes modern style and practical comfort. Designed by Union31 of Toronto, the units seamlessly combine multiple influences, from sleek industrial to swank, private-club flourishes. The penthouse party room, for instance, features both tony walnut finishes and marine-style lights, while euro-style kitchen cabinets lend the units an elegant, polished look.

Crowning The Bowery is a rooftop pool, deck, sauna, fitness centre and studio, along with a party room complete with catering kitchen and bar, a private dining area and swanky lounge-inspired design. A retractable glass wall will open up during the summer months to a lounging deck equipped with barbecues and Miami-inspired cabanas — a perfect space for entertaining guests or gathering with neighbours. And the prime location means the rooftop will provide some of the region's nicest panoramas.

The Bowery include studios, one- and two-bedroom units, two bedrooms plus flex space and unique two-storey lofts.

For more, visit thebowerycondos.ca.

Comfort food gets healthy with this stew-pendous stracotto

Ingredients

- 1 tbsp extra-virgin olive oil
- 1 1/2 lbs extra-lean beef stewing meat, cut into 1-inch cubes
- 1 onion, diced
- 1/2 cup chopped green onions
- 3 cloves garlic, minced
- 1/2 cup red wine
- 1 cup no-salt-added whole peeled tomatoes, chopped
- 1 can (5.5 oz/156 mL) no-salt-added tomato paste
- 4 cups beef broth
- 3/4 cup water
- 1 1/2 cups diced celery
- 2 tbsp chopped fresh sage leaves, or 1 tsp dried sage
- 2 to 3 bay leaves
- 1 tsp Italian herb seasoning
- Ground black pepper
- 1 cup cubed sweet potato
- 1 cup diced carrots
- 1/2 cup chopped fresh parsley
- 1 tbsp cornstarch

1. In a large stock pot, heat oil over high heat. Pat meat dry and add it to pot; stir continuously until browned, about 2 to 3 minutes.

2. Add onions and garlic. Stir continuously, scraping up the bottom brown bits, about 2 minutes. Stir in wine, tomatoes and tomato paste until well combined. Add beef broth, water, celery, sage, bay leaves, Italian herb seasoning and black pepper. Reduce heat to medium-low. Cover and simmer, stirring occasionally, for 1 1/2 hours. Add sweet potatoes, carrots and parsley during the last 30 minutes.

3. Combine cornstarch with 2 tbsp water; stir and add into the stew. Simmer for 5 minutes to thicken stew, remove and discard bay leaves and serve. I like this smothered over brown rice or whole wheat couscous.

Make ahead:

Because extra-lean cuts of beef can vary in tenderness and texture, the longer they simmer the more fall-apart delicious they become. Make this stew the day before and heat it up just before serving.

Florentine Tomato-based Beef Stew (Stracotto alla fiorentina)

This recipe serves 6. ALL PHOTOS COURTESY OF MICHAEL RAO

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The Healthy Italian

Italian cuisine doesn't have to be fatty

The word "healthy" isn't typically associated with Italian cuisine but Fina Scroppo is out to change that. Her book, The Healthy Italian, proves you can enjoy all your favourites — like Sicilian pizza, Italian-style meatloaf, rice balls and chocolate-pear torte — without loading your plate with fat and calories. Aside from mouth-watering recipes, The Healthy Italian is packed with tips, make-ahead options, nutrition information and photo essays that celebrate the Italian heritage. METRO

Putting the sweet in potato and fresh herb croquettes

This recipe makes 25 to 28 croquettes.

1. Cut potatoes in half and cover completely in a pot of water. Bring to a boil and cook for 30 minutes, until tender when centres are poked with a fork. Drain and let cook slightly.

2. Remove skins and hand-mash potatoes in a large bowl until completely mashed. Add milk and butter and toss to cool a little more before handling. Add egg, cheeses, garlic, parsley, basil, salt and pepper; toss well to combine. Refrigerate mixture for 30 minutes.

3. Preheat oven to 425 F.

4. Pour bread crumbs into shallow dish or pie plate, half at a time to avoid clumps. Pour egg white into another shallow dish. Measure out 2 heaping tbsp of potato mixture and shape into 1 x 3-inch-long rolls. Coat with bread crumbs, dip one side into egg white and roll in the palm of your hand to coat all sides, then dip again into bread crumbs. Place on a baking sheet lined with foil paper. Spray tops and sides (about 5 seconds) with cooking spray and cook until golden, about 20 to 25 minutes on middle oven rack.

Ingredients

- 3 large baking potatoes
- 1 large sweet potato
- 2 tbsp 1% milk
- 1 tbsp light butter, melted
- 1 egg, beaten
- 1/4 cup shredded light provolone or part-skim mozzarella cheese (91 oz/28 g)
- 4 tbsp freshly grated Parmigiano-Reggiano cheese
- 1 clove garlic, minced
- 1/4 cup minced fresh parsley
- 2 tbsp minced fresh basil
- 1/2 tsp sea salt
- Freshly ground black pepper to taste
- 2 cups spelt bread crumbs
- 1/2 cup egg white

Appetizer. Pan-Seared Tuma With Red Peppers

This recipe makes 10 servings.

Ingredients

- 1/4 cup uncooked quinoa
- Pinch sea salt
- 1/4 cup egg white, beaten
- 12 oz (330 g) tuma cheese
- 1/4 cup roasted red peppers, or store-bought roasted red peppers

1. Add quinoa into the bowl of a mill or coffee grinder and whirl until it reaches a near flour consistency (alternatively, you can use quinoa flour). Combine milled quinoa with salt in a shallow bowl or pie plate. Pour egg white in another small bowl.

2. Cut tuma thinly into 1/2-inch strips, about 2 x 3 inches in size — you'll get about 10 strips. Dip strips into egg white, then press into quinoa flour until well coated.

3. Heat a medium non-stick skillet on high heat; coat with cooking spray. Add tuma and sear until lightly golden, about 2 minutes on each side. Serve hot topped with strips of roasted red peppers.

CFL

Bombers fire coach Tim Burke

The Winnipeg Blue Bombers announced Wednesday the firing of head coach Tim Burke, a move Wade Miller said was made the day before the "acting" tag was removed from his title of president and chief executive officer.

Burke became Winnipeg's interim head coach in August 2012 after Mack fired Paul LaPolice.

The Bombers finished with a league-worst 3-15 record this season, tying the club's lowest mark in an 18-game season.

THE CANADIAN PRESS

Cycling

IOC president not backing down on Armstrong ban

IOC President Thomas Bach opposes any lessening of Lance Armstrong's lifetime doping ban, saying Wednesday that any appeals for leniency by the disgraced American rider are "too little, too late."

After urging the World Anti-Doping Agency to introduce tougher punishments for drug cheats, Bach said Armstrong has not made a "real admission" and his ban should not be reviewed.

THE ASSOCIATED PRESS

Baseball

Kershaw, Scherzer win Cy Young awards

Clayton Kershaw of the Los Angeles Dodgers and Max Scherzer of the Detroit Tigers have won baseball's Cy Young Awards.

Kershaw won the prize as the National League's best pitcher for the second time in three seasons after leading the majors with a 1.83 ERA.

The 25-year-old lefty with a big-breaking curve drew 29 of 30 first-place votes. Kershaw went 16-9 and topped the NL with 232 strikeouts.

He won the NL Cy Young in 2011 and finished second last year.

Scherzer won the AL honour after leading the majors in wins while going 21-3. He received 28 of 30 first-place votes.

THE ASSOCIATED PRESS

Borowiecki a big boost for Senators

THE HOCKEY NEWS
Murray Pam
ottawa@metronews.ca

The Senators' Clarke MacArthur congratulates Mark Borowiecki on his first NHL goal as they skate to the bench during a game against the Montreal Canadiens on November 7. ADRIAN WYLD/THE CANADIAN PRESS

Playing at the Canadian Tire Centre, a stone's throw from his Kanata home, Mark Borowiecki is living a dream. Not many pro athletes get to compete for their favourite club, the one they grew up watching, but Borowiecki is reveling his new opportunity.

After losing 5-4 to the Islanders in a shootout just over a week ago for their fourth consecutive defeat, surrendering a team-record 57 shots in the process, Senators coach Paul MacLean thought it was time to shake up his club's leaky defence — an attitude adjustment was required.

MacLean put out a call to AHL Binghamton. Enter Borowiecki, a no-holds-barred defender who patrols the blueline with an edge.

Upon his recall the six-foot-two, 205-pounder hit everything that moved in his first game, but an unfortunate own goal that deflected off his stick temporarily gave the Stars a 3-2 lead. Bobby Ryan tied the game with nine seconds remaining, saving the 24-year-old from embarrassment. Although the Senators went on to lose in a shootout, their swagger was slowly returning.

The Senators had won three games in a row before Tuesday night's 5-0 loss to Philadelphia, and Ottawa has allowed only 2.36 goals in five games since Borowiecki's call-up, as opposed to 3.09 goals against in 13 before his arrival.

MacLean credits Borowiecki's presence as a key factor in the team's upswing. "When we brought Mark up, we wanted his attitude and that has certainly been the case," said MacLean. "He has given life to some of our players that had been sagging.... That's a credit to him and his leadership abilities." Those are heady words bestowed upon the Senators' 2008 fifth-rounder.

A captain at Clarkson University, Borowiecki was also recognized for his ability to lead teammates when Binghamton coach Luke Richardson awarded him the C late last season.

Not known as a scorer, Borowiecki tallied his first NHL goal last week, blasting a point shot past the Canadiens' Carey Price. Unfortunately for the Kanata native, his parents — Senators season-ticket holders — were in Las Vegas. And his girlfriend, a teacher, was conducting parent-student interviews.

Armed with a one-way contract next season, Borowiecki wants to show MacLean he's worthy of claiming a blueline spot.

Play-by-play announcers are having fits pronouncing (BOHR-vee-YHET-skee), and Borowiecki would love nothing more than to make them call out his name more often.

NHL. Nolan, LaFontaine back with Buffalo again

The Buffalo Sabres are turning to their past to help turn the struggling franchise around.

The NHL team has cleaned house by firing general manager Darcy Regier and head coach Ron Rolston, and bringing back former star Sabres forward Pat LaFontaine and former head coach Ted Nolan.

LaFontaine was named president of hockey operations Wednesday and Nolan will serve as interim head coach.

"We'll compete, we'll make it exciting and we'll make it a place people want to come and enjoy hockey games again," Nolan said at a news conference Wednesday morning.

The Sabres are off to a 4-15-1 start, the worst in franchise history. Buffalo edged Los Angeles 3-2 in a shootout Tuesday night to avoid tying the worst home start in NHL history.

Rolston was 19-26-6 in his brief tenure as Buffalo coach. Regier had been the Sabres general manager since 1997.

The Sabres organization has plenty of familiarity with Nolan and LaFontaine.

Nolan was the Sabres' coach from 1995-97, winning the Jack Adams Award in 1997 as the NHL's top coach. Nolan also coached the New York Islanders from 2006-08.

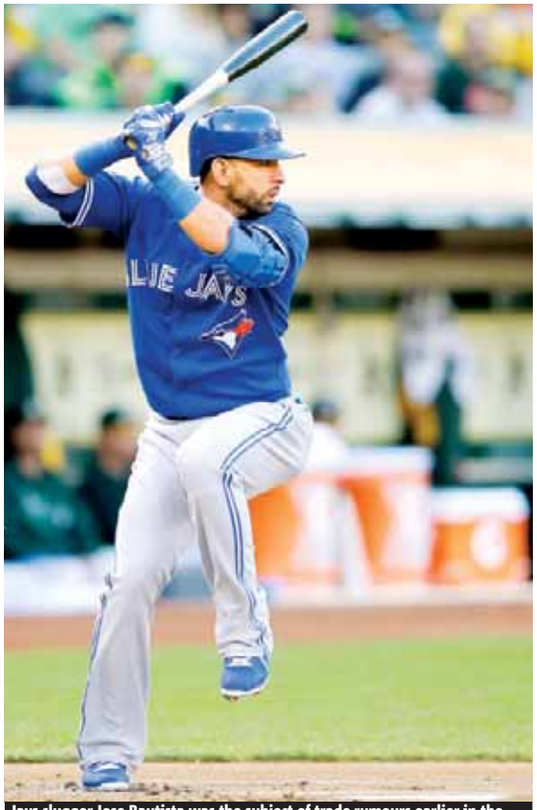
His current job is coach of the Latvian men's national team, a role he'll continue into the 2014 Winter Olympics in Sochi, Russia.

LaFontaine starred for the Sabres from 1991-97 and was inducted into the Hockey Hall of Fame in 2003. He started a job as senior executive for the NHL last month.

THE ASSOCIATED PRESS

New Sabres head coach Ted Nolan addresses the media in Buffalo on Wednesday. THE ASSOCIATED PRESS

4 SPORTS



Jays slugger Jose Bautista was the subject of trade rumours earlier in the week. EZRA SHAW/GETTY IMAGES

Tight-lipped Jays GM staying stealthy as ever

MLB. Rumours involving Toronto boss Anthopoulos probably aren't true

In a matter of hours late Tuesday night and early Wednesday morning, trade talk involving Blue Jays slugger Jose Bautista seemed to go from imminent to out of the question.

In other words, it was just another day in baseball's silly season, when roster gossip swirls incessantly and fans struggle to separate fact from fiction.

With this week's GM meetings in Orlando the scuttlebutt is in full swing and the Jays have already been at the centre of a pair of bogus rumours.

It started just before 11 p.m. Tuesday night when Howard Eskin, a Philadelphia-based sports reporter for Fox 29, wrote on Twitter that Phillies GM Ruben Amaro was "deep in serious talks" with the Jays to acquire Bautista for young outfielder Domonic Brown.

Eskin's tweet created the expected firestorm.

But only a few hours later it was widely dispelled as baseless.

Jays GM Alex Anthopoulos usually follows a strict policy of never commenting on rumours, but talking to reporters on Wednesday afternoon he described the Bautista trade talk as "completely fabricated" and "totally false."

Later Wednesday, another bogus tip linked the Jays and Phillies, this time involving Toronto's much-maligned catcher, J.P. Arencibia.

"A source tells our Anthony Gargano that the Phillies and Blue Jays are close to a deal that sends catcher J.P. Arancibia (sic) to the Phillies," came a tweet from what appeared to be a Philadelphia sports radio station.

The tweet turned out to be fake, sent from an imposter account, which was soon deleted.

But in this age of instant reaction, a tweet need only be up a matter of minutes before it creates a frenzy. And it did.

Keeping a level head when following the Jays is a must because Anthopoulos inquires on everybody. He's well known for his voraciousness in this regard.

His oft-repeated caution — "If you hear a rumour about us, it probably isn't true" — is usually safe to follow. But it includes a caveat: "If you hear that a deal is done, it probably is." Because at that point, Anthopoulos points out, the information is harder to control.

At some point, rumours will be true.

Reputable Fox Sports baseball columnist Ken Rosenthal, for instance, wrote Wednesday that "multiple teams have expressed interest" in Arencibia.

For his part, Bautista says he doesn't sweat the trade talk. In an email response to Torstar News Service he wrote he would rather not address any rumours.

"Other than your email I haven't even been paying attention," he wrote. "So I haven't even noted any rumours anyways."

Maybe Jays fans should follow suit. TORSTAR NEWS SERVICE

Spring sked announced

The Toronto Blue Jays will kick off their 31-game spring training schedule on Feb. 26 in Clearwater, Fla., against the Philadelphia Phillies.

- Toronto's spring schedule will conclude with two exhibition games in Montreal against the New York Mets. It will be the Blue Jays' first visit to Montreal since 2004.

THE CANADIAN PRESS

NFL

Hurd gets 15-year sentence for drug-distribution scheme

Former NFL wide receiver Sam Hurd was sentenced Wednesday to 15 years in prison for his role in starting a drug-distribution scheme while playing for the Chicago Bears, completing a steep downfall that ended his football career and left his future in tatters.

Sam Hurd
THE ASSOCIATED PRESS FILE

Hurd, 28, received the punishment in a federal courtroom in Dallas after pleading guilty in April to one count of trying to buy and distribute large amounts of cocaine and marijuana. The charge carried a minimum 10-year sentence.

Authorities say that while NFL teammates and friends knew him as a hardworking wide receiver and married father, Hurd was fashioning a separate identity as a wannabe drug kingpin with a focus on "high-end deals" and a need for large amounts of drugs.

THE ASSOCIATED PRESS

UFC 167. St-Pierre has history in his sights heading into Las Vegas

It could be a record-breaking weekend for UFC welterweight champion Georges St-Pierre.

St-Pierre can make history against Johny Hendricks at UFC 167 on Saturday night, becoming the first fighter to record 19 wins in the UFC.

The Canadian champion is currently tied with UFC Hall of Famer Matt Hughes, whom he first beat for the title, at 18 victories.

GSP is also tied with former middleweight champion Anderson Silva for most wins in UFC title bouts at 11. And if the Hendricks fight lasts 40 seconds or longer, St-Pierre will surpass B.J. Penn's record of five hours three minutes and 51 seconds for career fight time in the UFC

The fight card also marks the 20th anniversary of the UFC, which kicked off Nov. 12, 1993, with UFC 1 in Denver.

St-Pierre made his UFC debut at UFC 46 in January 2004. He rolled with UFC Hall of Famer Royce Gracie at Wednesday's public workouts.

"He is my idol," St-Pierre said in French after.

THE CANADIAN PRESS

Georges St-Pierre can surpass a number of significant milestones at UFC 167 on Saturday night in Las Vegas. STEVE RUSSELL/TORSTAR NEWS SERVICE

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	18	13	5	0	56	43	26
Boston	17	11	5	1	48	30	23
Detroit	19	9	5	5	47	51	23
Toronto	17	11	6	0	51	40	22
Montreal	19	9	8	2	49	42	20
Ottawa	18	7	7	4	53	56	18
Florida	19	4	11	4	40	66	12
Buffalo	20	4	15	1	36	63	9

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	17	11	6	0	50	40	22
Washington	19	10	8	1	61	55	21
NY Rangers	18	9	9	0	41	49	18
Carolina	18	7	7	4	34	49	18
New Jersey	18	6	7	5	38	46	17
NY Islanders	19	7	9	3	54	61	17
Philadelphia	17	6	10	1	31	44	13
Columbus	17	6	10	1	44	50	13

Wednesday's results
Toronto at Minnesota
Philadelphia at Pittsburgh
Dallas at Edmonton
Tuesday's results
Buffalo 3 Los Angeles 2 (SO)
Carolina 2 Colorado 1
NY Islanders 3 Nashville 1
Washington 4 Columbus 3 (OT)
New Jersey 3 NY Rangers 2
Winnipeg 3 Detroit 2 (SO)
Florida 3 Anaheim 2
Philadelphia 5 Ottawa 0
Tampa Bay 2 Montreal 1 (SO)
Phoenix 3 St. Louis 2 (OT)
San Jose 3 Calgary 2 (OT)

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	17	14	3	0	55	30	28
Chicago	18	12	2	4	66	49	28
St. Louis	16	11	2	3	54	37	25
Minnesota	18	10	4	4	48	40	24
Winnipeg	20	9	9	2	53	57	20
Dallas	17	8	7	2	46	52	18
Nashville	18	8	8	2	38	57	18

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	20	15	4	1	68	48	31
Phoenix	19	13	4	2	63	58	28
San Jose	18	11	2	5	66	43	27
Vancouver	20	11	7	2	54	54	24
Los Angeles	18	11	6	1	52	44	23
Calgary	18	6	9	3	49	64	15
Edmonton	19	4	13	2	48	75	10

Note: Two points for a win, one point for overtime loss.

Thursday's games — All Times Eastern
Los Angeles at NY Islanders, 7 p.m.
Columbus at Boston, 7 p.m.
Anaheim at Tampa Bay, 7:30 p.m.
Phoenix at Chicago, 8 p.m.
Colorado at St. Louis, 8 p.m.
Dallas at Calgary, 9 p.m.
San Jose at Vancouver, 10 p.m.
Friday's games
Anaheim at Carolina, 7 p.m.
Los Angeles at New Jersey, 7 p.m.
Nashville at Pittsburgh, 7 p.m.
Montreal at Columbus, 7 p.m.
Toronto at Buffalo, 7 p.m.
Washington at Detroit, 7:30 p.m.
Boston at Ottawa, 7:30 p.m.
Florida at Minnesota, 8 p.m.
Philadelphia at Winnipeg, 8 p.m.
San Jose at Edmonton, 10 p.m.

MLS PLAYOFFS

CONFERENCE FINALS

(2 games, total goals)
Saturday, Nov. 23 — All times Eastern
Houston at Kansas City, 7:30 p.m.
Sunday, Nov. 24
Salt Lake at Portland, 9 p.m.

CHAMPIONSHIP

Saturday, Dec. 7
East champion vs. West champion, 4 p.m.

CFL PLAYOFFS

DIVISION FINALS

Sunday's games — All times Eastern
Hamilton vs. Toronto, 1 p.m.
Saskatchewan vs. Calgary, 4:30 p.m.

GREY CUP

At Regina, Saskatchewan
Sunday, Nov. 24
East champion vs. West champion, 6 p.m.

NFL

Thursday's game — All times Eastern
Indianapolis at Tennessee, 8:25 p.m.
Sunday's games
Baltimore at Chicago, 1 p.m.
Arizona at Jacksonville, 1 p.m.
Detroit at Pittsburgh, 1 p.m.
Oakland at Houston, 1 p.m.
N.Y. Jets at Buffalo, 1 p.m.
Cleveland at Cincinnati, 1 p.m.
Washington at Philadelphia, 1 p.m.
Atlanta at Tampa Bay, 1 p.m.
San Diego at Miami, 4:05 p.m.
San Francisco at New Orleans, 4:25 p.m.
Green Bay at N.Y. Giants, 4:25 p.m.
Minnesota at Seattle, 4:25 p.m.
Kansas City at Denver, 8:30 p.m.
Monday, Nov. 18
New England at Carolina, 8:40 p.m.

NBA

Wednesday's results
Houston at Philadelphia
Milwaukee at Orlando
Charlotte at Boston
Toronto at Memphis
Cleveland at Minnesota
New York at Atlanta
Washington at San Antonio
L.A. Lakers at Denver
New Orleans at Utah
Brooklyn at Sacramento
Phoenix at Portland
Oklahoma City at L.A. Clippers
Tuesday's results
Miami 118 Milwaukee 95
Dallas 105 Washington 95
Golden State 113 Detroit 95
L.A. Lakers 116 New Orleans 95
Thursday's games
Houston at New York, 8 p.m.
Oklahoma City at Golden State, 10:30 p.m.
Friday's games
Chicago at Toronto, 7 p.m.
Milwaukee at Indiana, 7 p.m.
Portland at Boston, 7:30 p.m.
Dallas at Miami, 7:30 p.m.
Charlotte at Cleveland, 7:30 p.m.
Philadelphia at Atlanta, 7:30 p.m.
Minnesota at Denver, 8 p.m.
Brooklyn at Phoenix, 9 p.m.
San Antonio at Utah, 9 p.m.
Detroit at Sacramento, 10:30 p.m.
Memphis at L.A. Lakers, 10:30 p.m.

Horoscopes

♈ Aries
March 21 - April 20
You won't hesitate to criticize today if you believe that someone is behaving in a way that is unfair. Like your opposite sign of Libra you have a finely tuned sense of justice

♉ Taurus
April 21 - May 21
One little thing you do today could change a thousand things over the course of the next few months, so think carefully about ways you can make a difference and then act decisively.

♊ Gemini
May 22 - June 21
There is no reason at all why you should not be taking risks that can benefit you personally.

♋ Cancer
June 22 - July 23
Times may be tough but you are tough enough to face them and make something good of them.

♌ Leo
July 24 - Aug. 23
Try not to give loved ones the impression that you don't care what they are up to. It may only be an act on your part but if they feel you have no interest in what they are doing it will dampen their enthusiasm. Back them up.

♍ Virgo
Aug. 24 - Sept. 23
There is no point making threats or promises because they simply won't work – and the reason they won't work is because you have made them before and done nothing. It seems like your credibility needs a bit of work.

♎ Libra
Sept. 24 - Oct. 23
Get out into the world and have some fun. Whatever your troubles may be at the moment you won't make them better by worrying.

♏ Scorpio
Oct. 24 - Nov. 22
Whatever else you do today don't keep score. Life is not a contest to be won or lost but a game to be enjoyed and the planets indicate you will enjoy it so much more if you loosen up and forget about the rules for a while.

♐ Sagittarius
Nov. 23 - Dec. 21
You may want to help a friend in need but you also realize that they must learn from their own mistakes.

♑ Capricorn
Dec. 22 - Jan. 20
The future is not something you should be looking forward to and planning for – the future is here and now.

♒ Aquarius
Jan. 21 - Feb. 19
You can go where you want to go and do what you want to do – no one will stop you – but before you pack your bags and head for the horizon you must take care of an unresolved relationship issue. A simple "sorry" should be enough.

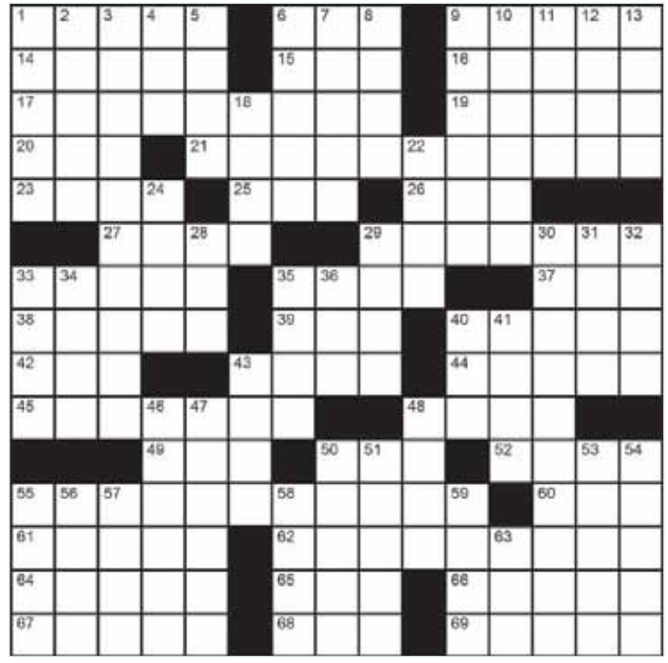
♓ Pisces
Feb. 20 - March 20
If a friend has let you down you don't have to make an issue of it. According to the planets they did not do it on purpose and are actually quite embarrassed, so let it go and let them make it up to you in their own way and time.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

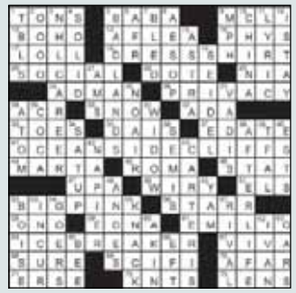
BY KELLY ANN BUCHANAN



Across
1. "The __ Mutiny" (1954)
6. Conned
9. Scale
14. British car, __ Martin
15. Poet's 'previously'
16. Golden '60s song, for example
17. Canadian-invented Trivial Pursuit, for one: 2 wds.
19. Wheezing noises
20. Prince Valiant's son
21. Nature government agency, __ Canada
23. Info given secretly to the press
25. 'Yes' on a yacht
26. Pastureland
27. Dryer's fluff
29. New __, Nova Scotia
33. In a bashful way
35. Scuffle
37. Fair-hiring letters
38. Urgency
39. Fireplace fixture
40. Breath whilst laughing
42. Keyboard key
43. Stitches
44. Places at a slant
45. Badgley __ (American fashion design duo)
48. Jason's craft
49. French for 'Goose'
50. Corny place
52. Elevs.
55. Bird found across Canada listed as 'threatened' on the Species at Risk Public Registry: 2 wds.
60. Smashing Pumpkins co-founder, James __
61. Horseback rider's straps
62. Natural __ Canada
64. Bandleader Mr. Shaw
65. Big Apple toy store, _ _ _ Schwarz
66. Glides like a bird
67. Slept a bit
68. RR depot
69. Alvin __ American Dance Theater

Down
1. Secretly conspiring group
2. "Oh, don't be _ __ loser!"
3. Pros in a Computer Dept., _ _ __
4. Neither's partner
5. The Neverending Story author, Michael __
6. Music genre, with Metal
7. Hollywood's Mr. Hammer
8. Red __, Alberta
9. Eye part
10. Andean animals
11. Still
12. Demeanor
13. Trump
18. Bug variety
22. Brit singer Mr. Murs
24. Bagpiper's outfit piece
28. 'The Science Guy', Bill __
29. Practical jokes
30. __ Survey of Canada
31. Astronomy's __ cloud
32. Soaks
33. Decorative pillow cover
34. Nickname of Nova Scotia's cap.
35. Bandmate to Anthony Kiedis
36. Make the kayak move
40. Gibraltar, e.g.
41. Near, fancy-style
43. Misrepresent
46. Ms. Nielsen of "Gladiator" (2000)
47. Showed disapproval as a cat
48. Peek-_-__!
50. Sports shoe's slip stopper
51. Elisabeth Moss' role on "Mad Men", Peggy __
53. "Ta-da!"
54. Flip
55. Mr. Pitt
56. Bubbly bar
57. Glamour
58. Pet store sounds!
59. 1970 Paul Newman movie about a radio station
63. French sovereign

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	5	1					7	
7					3		2	
8			5		7	9		
	1			4		8		3
5		3		6			1	
		4	7		2			1
	2		6					9
	7					6	3	

Yesterday's Sudoku

3	9	4	1	2	5	7	6	8
6	8	2	9	3	7	1	4	5
7	1	5	4	8	6	2	9	3
8	3	1	5	7	9	6	2	4
4	7	9	2	6	8	5	3	1
2	5	6	3	4	1	8	7	9
9	2	8	7	1	3	4	5	6
5	6	7	8	9	4	3	1	2
1	4	3	6	5	2	9	8	7

Today 7°/2° Variable
Friday 8°/2° Variable
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Check the 14 day trend.
TWN incorporates MSC data

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